

God and county government Page 5 The Tempest Page 23 Palestine talks Page 6

WRINKLE FREE EVERY THURSDAY!

EUGENE WEEKLY

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OLDER AND BOLDER

From learning the lingo
to better sleep to third
acts, let's all hope we get
to grow old!

PAGE 8

Robin Hostick,
landscape artist

Photo by Eve Weston

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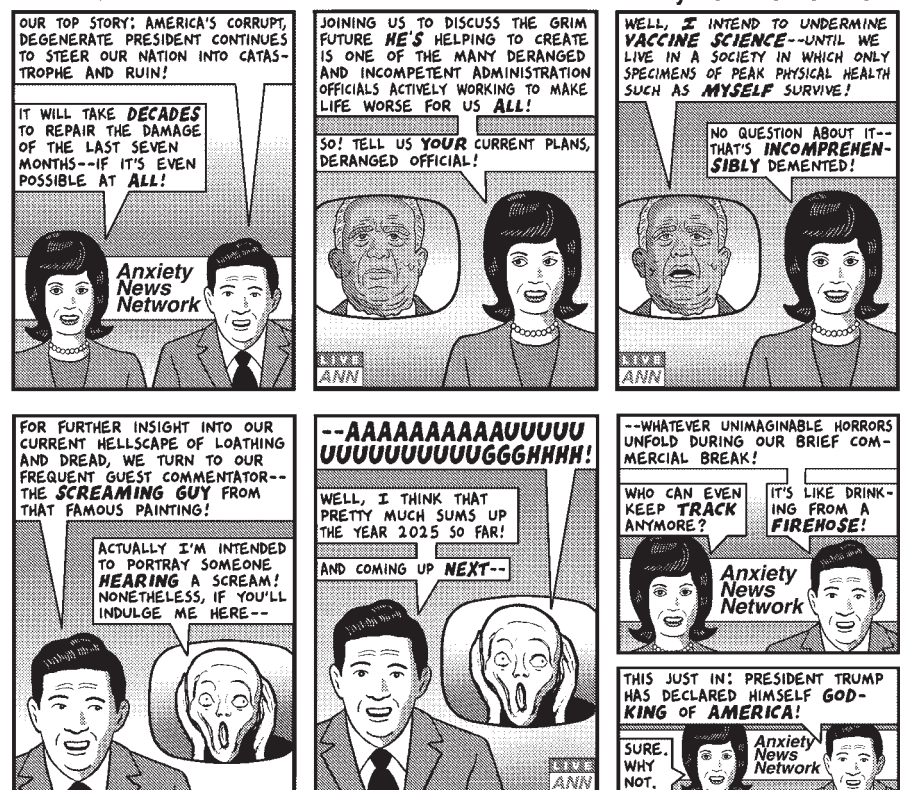
We learned the subject matter and prepared materials to leave at businesses. We made routes of local businesses to visit, and put out the call for volunteers on various Signal chats and at local meet-

This project was conceived by a group of six friends with varying degrees of community organizing experience and limited resources, but with a shared desire

*Maeve Goodbody and Alex Safron
Canvassing for Community Defense
Eugene*

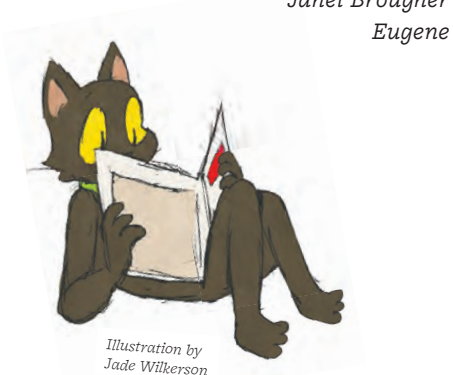
Janet Brougher
Eugene

by TOM TOMORROW



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I have learned that doctors, nurses and other medical staff have restrictions put on the procedures and treatments that



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GRAVE DECISIONS

Planning for your final act — and what will happen to your estate

Losing a loved one is an emotionally challenging experience, and when the situation is compounded by the absence of a will, it can create additional complexities. In such circumstances, family members and heirs are often left grappling with the question of what to do next.

Who inherits from an estate in Oregon if there is no will? The distribution of an estate in the absence of a will is governed by the laws of “intestate succession.” These laws prioritize your surviving spouse and close relatives in a specific order. The beneficiaries are typically your spouse and children.

If you are survived by a spouse but no children, the entire estate usually passes to your spouse. However, if you have children of a prior marriage, the estate is divided between your spouse and children. In cases where there are no living relatives or identifiable heirs, the estate may “escheat” to (or be transferred to)

the state of Oregon. This is a rare occurrence, as the state typically makes efforts to locate heirs, even distant ones.

Notwithstanding, it is advisable that you create a will or trust to ensure that your assets are distributed according to your desires and to avoid the complexities that may arise in intestate succession.

What is probate? “Probate” is a legal process that involves the validation and distribution of your assets after your death. The probate process ensures that assets are properly transferred, debts and taxes are paid, and your wishes are honored.

While it can be a challenging, costly and lengthy process, probate serves the role of administering your affairs and upholding principles of fairness. Probate typically begins with the filing of a petition in the county where you resided at the time of your passing. The individual named as your personal representative (“executor”) in your will (or an appointed representative, if there is no will) is responsible for administering your estate.

Once all of the statutory requirements are met, the personal representative applies to the court for permission to distribute your assets in accordance with your will

(or the laws of intestate succession, see below). The shortest term for a probate proceeding is six months, but probate may take much longer than that, depending on many factors.

Do all wills go through probate in Oregon? Not all wills have to go through probate. Whether a will must go through the probate process depends on the type and value of the assets involved. Fortunately, Oregon has a simplified process for small estates (or “simple estates,” those with real property value that is \$200,000 or less and a value of less than \$75,000 for all other property). If your estate values are beneath these limits, it may qualify for this simpler process, which is less cumbersome than a formal probate.

Assets owned jointly with another person, such as a house owned jointly by a married couple, usually pass to the surviving owner without needing to go through probate. Assets with beneficiaries listed (such as life insurance policies, retirement accounts and some bank accounts) generally bypass probate and go directly to the named beneficiaries.

Finally, if you have a living trust, your assets will not be forced to go through probate. Instead, they are distributed according to the terms of your trust. Having a revocable living trust is the most cost and time efficient manner of passing your

assets following the time of your passing. A trust is a more efficient, less expensive and more private process than the probate process.

What is a revocable living trust? A revocable living trust is a legal document used to manage your property during your lifetime and to distribute your property after your death. In this document, you appoint a “trustee” to administer your property, and you provide instructions on how your property is to be managed and distributed. A revocable living trust enables your loved ones to avoid the public probate process entirely.

A revocable trust can: 1. reduce delays in distributing your property after you die; 2. cost far less money to administer after your death; 3. prevent people other than your loved ones from having access to your confidential information; and 4. provide a smooth flow of management of your property during your life and after your death.

An additional benefit of a trust is that you can avoid the additional cost of a conservatorship in the event you become incapacitated during your lifetime, and you can name the people to assist you in that event.

Tami S.P. Beach is an attorney at law providing estate planning, probate and real property representation for over 28 years.



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KINGDOM DECISIONS?

Lane County Commissioner David Loveall faces controversy regarding his invocations before commissioner meetings

BY EVE WESTON

During his seventh meeting as board chair on Jan. 28, Lane County Commissioner David Loveall opened the session by saying, “*Robert’s Rule of Order* protocol is ‘God before country.’ I’d like to say that my late son changed his name at an orphanage in Africa, a handful of years before we adopted him, to Biyinzika, which means: with God, all things are possible.”

It was one of several meetings where Loveall used language consistent with Christian ideology and prayer. Loveall and his wife, Nita Loveall, are the founders of Three Sixteen Ministries International, a Christian nonprofit that builds churches and other infrastructure projects in Uganda.

Loveall continued, adding, “It’s been said recently that what our nation does is the impossible, so I declare this blessing today that we do both the possible and

impossible for those that we serve in my community.” Previous editions of *Robert’s Rules of Order*, first published in 1876, established that an invocation to deity at a meeting should come before the Pledge of Allegiance — “God before country.”

Robert’s Rules of Order does not say that there is a requirement for an invocation, but if one is to take place — it should be before business begins.

Loveall finished his Jan. 28 introductory statement with a “flag tribute” in which he dedicates the flag to “Our great citizens of our county, the staff, the countless volunteers and community partners who are servants of the important and often the impossible as well.”

This came almost two weeks after Loveall called upon his fellow commissioners to make “kingdom decisions.” Kingdom decisions is a term used sometimes within Christian faiths referring to the Kingdom of God.

The invocations were first pointed out by Cottage Grove’s Blackberry Pie Society, a political action nonprofit, and by Land Watch Lane County, a land use advocacy group.

At the Jan. 28 meeting, Commissioner Heather Buch criticized Loveall’s introductions saying, “Our chair continues to reference his God and a blessing at the beginning of meetings, which I find disturbing and unsettling.” She added, “We are here to do the business of the county.” She emphasized that Loveall’s comments are not reflective of all of the commissioners’ beliefs and are not on

behalf of the entire board.

Loveall responded, “I want to remind my colleague that freedom of speech goes with everyone.” He later responded to a public commenter, Amanda Nobel Flannery, who criticized Loveall’s invocation because President Donald Trump had recently said a similar phrase. Loveall said, “I would remind you that Luke 18:7 says, ‘The things that are impossible with men are possible with God.’ This nation was founded on a principle of Christian foundation.” The actual number appears to be 18:27.

Loveall has since faced further criticism by community members such as House District 12 Chair of the Lane County Democratic Party, Ron Shaheen. “We’re supposed to be a secular nation, we’re supposed to believe that the government is not supposed to favor one religion or the other,” he says to *Eugene Weekly*.

After receiving pushback from Buch and community members, Loveall changed his introductions to focus more on topics like the U.S. flag and tie its symbolism into narratives of patriotism, good deeds and sometimes God. However, critics say this is an end-run around directly mentioning Christian prayer.

Most recently, Loveall has been focusing on the 13 folds used to fold the U.S. flag into a triangle during ceremonies such as a funeral. Each fold, according to some sources, represents a symbolic meaning relating to life, god and the nation. This interpretation is not officially recognized by the U.S. government. Instead, it is an

unofficial interpretation adopted by the National Flag Foundation and other private organizations.

In a July 29 morning meeting, Loveall said, “Fold 10 pays tribute to father, for he, too, has given sons and daughters for the defense of our country, and fold 11 in the eyes of the Hebrew citizens represents the lower portion of the seal of King David and King Solomon and glorified in their eyes the God of Abraham, Isaac and Jacob.”

In an email to *Eugene Weekly*, Loveall writes, “We live in an emotionally charged season where weaponization of words or differing beliefs are used to create click bait and anger to establish a position rather than a dialogue.” Adding that his invocations “are not blatantly religious or necessarily Christian, but rather general inspirational stories and thoughts to our country’s heroes, leaders and edicts of how our flag came to mean what it symbolizes.”

Loveall writes that his invocations have not violated the establishment clause, which establishes the separation of church and state. He claims he is using invocations to honor veterans, first responders and “provoke solemn thought to the passing of those who made significant marks in our country’s making.”

But critics say Loveall’s actions are part of a larger movement in the U.S. to incorporate Christian values into the government. “This is a very specific type of very specific set of beliefs that they’re trying to impose on the nation and on the county,” Shaheen says.

slant —Dog Days

BY EW EDITORIAL STAFF

>> **It’s almost time for Eugene Weekly’s annual Pets issue**, which means it’s time for you to send in your pet photos! Take a photo of Fluffy and send it to Pets@EugeneWeekly.com along with you and your pet’s name, and which category you are submitting for. Categories are Creepiest, Cutest, Most Like Owner and Best Rescue! The contest ends August 21 at midnight!

>> **Community Alliance of Lane County’s headquarters** have been a mainstay in the

Whiteaker community for close to 60 years, and CALC’s interim vice-chair, DJ Kelly-Quattrocchi, says the mission isn’t changing, but **the nonprofit is selling its headquarters on Blair Boulevard**. CALC’s mission from the start has been to promote human rights, respond when abuses of human dignity occur and urge public institutions to address social justice concerns. Kelly-Quattrocchi tells *EW* that “our goal is refocusing our efforts on BIPOC youth,” and that work is primarily in Springfield. CALC has long had a presence in Springfield with the grassroots social justice group Springfield Alliance for Equity and Respect (SAfER). Kelly-Quattrocchi says SAfER’s work will expand in the years ahead and include coalitions with like-minded groups.

He also notes that this was not an easy decision for CALC’s board. “This wasn’t a move that was taken lightly,” he says. “We had to ask ourselves, what is more important?”

>> **Also in the Whit — Sam Bond’s Garage is for sale again**. According to a listing on LoopNet, a commercial real estate marketplace, the building, furnishings, business name, etc. can be purchased for \$800,000. The popular pub and venue announced in late 2024 that it would close, but remained open after community clamor.

>> **Eugene is getting a new gym — Parkinson’s Warriors Gym** is having a ribbon cutting 4 pm to 8 pm Saturday, August 16, at 4065 West 11th Avenue. The event features free food

(including vegan and vegetarian options) and dancing to De Solution band’s Zimbabwean music, as well as silent auction and raffle items and demonstrations of the Parkinson’s Warriors classes and guest speakers. Find out more about this research-backed fitness for folks with Parkinson’s from Oregon Parkinson’s Warriors Foundation at OPWF.org — or call 541-556-0120.

>> **Love the ’70s?** Well, we have some nostalgia for you! Go to EugeneWeekly.com and check out Savannah Brown’s interview with **ZZ Top**, who play the Cuthbert Amphitheater Sunday, August 17. Since she’s on a rockstar roll, we’re sending her to review **Weird Al’s show** on the 20th. You can also read Dan Buckwalter’s

glowing review of the Non-Stop Players performance of **Once Upon a Mattress** (OK, it’s a decade older than the ’70s) at Actors Cabaret of Eugene. The show runs through August 17. File under ageless is the August 16 **Mermaids Unite gathering in Drain** at Capricorn Manor, a fantasy Victorian event venue, where guests can check out booths, vendors and art all mermaid themed — complete with a costume contest.

>> **Readers of Activist Alert** —we had a reader suggest that each week we include a place people can donate or volunteer. We love that idea as some folks take action in different ways. Got a suggestion? Send us the org, what they do and any useful contact information! Editor@EugeneWeekly.com.

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ACTIVIST ALERT

PROTESTS, ACTIVISM
AND MORE AROUND
LANE COUNTY

BY CAMILLA MORTENSEN

'In the largest sense, every work of art is protest... A lullaby is a propaganda song and any three-year-old knows it... A hymn is a controversial song — sing one in the wrong church: you'll find out.' — Pete Seeger

Upcoming Rallies, Marches, Talks, Trainings and Protests

>> Protest Jerry Seinfeld at the Hult Center, 6 pm to 7 pm, Friday August 15, 7th and Willamette, bring signs and care. Seinfeld commented "I don't care about Palestine" in February in response to a man making a peace sign and saying, "Free Palestine."

>> To replace the mainstream parties with a party Of, By, and For the people, We the People Party Lane County meet August 22 and every other Friday 11:30 am to 1:30 pm at Tall Firs Cafe & Events, 1488 18th Street, Springfield. wtplane.org and wethepeoplelanecounty@proton.me.

>> Fill Your Community Cup Bloc Party, 11 am to 3 pm, Sunday, August 24, Armitage Park, the field to the left of the bathrooms. Free plants, snacks, activities and more.

Ongoing

>> Resist! Persist! Repeat! Weekly Protest, 10 am to 11 am, Mondays, corners of 29th and Willamette Street.

>> Weekly vigils against the genocide in Gaza, 5 pm, Wednesdays, Planet Versus Pentagon, old federal building, corner of 7th & Pearl.

>> Stop the Cuts, noon Fridays, Eugene Veterans Clinic, 3355 Chad Drive.

>> Signmaking at MECCA, 11 am to 6 pm Tuesday through Saturday, help with signmaking 11 am to 1 pm Wednesdays. Paint up to four signs for a donation of \$5 to \$10. MECCA, 555 High Street.

>> Stand in solidarity with Food Not Bombs feeding the community, 4 pm Fridays, Food Not Bombs, Downtown Park Blocks, 8th and Oak, Instagram.com/foodnotbombs_eugene.

>> Protest Trump's attacks on immigrants, noon to 5 pm Saturdays, in front of the Creswell AM/PM on Oregon Avenue.

>> Ongoing informational action on Avelo: The Deportation Airline. To learn more about the national campaign against Avelo: Visit StopAvelo.org. To join in protests to encourage travelers to boycott Avelo: Send an email to AveloOutofEUG@gmail.com.

Email Editor@EugeneWeekly.com with "Activist Alert" in the subject line to add protests to this listing, and subscribe to the Activist Alert newsletter at EugeneWeekly.com/newsletter to get this information in your inbox on Wednesdays!

NEWS



A Palestinian peacemaker comes to Eugene to share what is happening in Gaza

BY SEIRA KITAGAWA

HEAR THE TRAUMA

On Oct. 6, 2023, Alex Awad took a group from a Methodist Church in Coburg on a trip to the Holy Land, visiting Bethlehem and surrounding areas. The group heard a talk by Sami Awad, Alex's nephew and a nonviolent peacemaker in Bethlehem, not knowing that they would be hearing bombs as Hamas began its attacks on Israel the next day.

Awad tells *Eugene Weekly* he was shocked that Hamas was able to cross the Israeli border that is known for a "strong security system not even a mouse can cross." He says, "Immediately, the shock went into a deep worry that the people of Gaza are going to pay a very heavy price."

He called his family in Gaza to urge them to leave; however, they could not leave for a year and lost their homes and properties, as did many others in Gaza. "Israeli policy has always been collective punishment," he says.

Awad was born in the U.S. to Palestinian refugee parents, then grew up in Bethlehem after his family returned to the West Bank. He founded Holy Land Trust in 1995 to advocate nonviolent resistance to the occupation of Palestine. Currently, he is the co-director of Nonviolence International, where he focuses on understanding the root causes of violence and on trauma resilience through leadership, training and educational programs.

"It's not about the information, it's about the action," Awad says.

August 17 through 19, Awad will give talks in Eugene and Lane County

sharing what he sees in Palestine from his own experience living there. He says it is crucial for Americans to keep pressuring local politicians and their representatives.

According to the United Nations Office for the Coordination of Humanitarian Affairs, 61,158 Palestinians have died as a result of the war and there have been 151,442 reported injuries as of August 6. On top of the war, Palestinians face food insecurity and lack of access to safe and healthy resources and housing.

More and more people have been standing up against the war and the U.S.'s involvement in Gaza in terms of supporting Israel through military aid. Karen McCowan is a member of People for Peace and Justice in Palestine, a local grassroots group of Christians, Jews, Muslims and other identities. The group formed about three months ago as the damage and destruction in Gaza has continued.

McCowan says some people in the U.S. have a superficial understanding of what's happening in Gaza and what the U.S. is and should be doing.

McCowan also went on the trip with Alex Awad to Bethlehem in 2023, and during Sami Awad's speech in Palestine, she recalls him saying, "We have to hear each other's trauma."

Even before the war started on Oct. 7, McCowan and her group saw how Palestinians lived as "second-class citizens" under occupation by

'IT'S NOT ABOUT THE INFORMATION, IT'S ABOUT THE ACTION.'

— SAMI AWAD,
NONVIOLENT PEACEMAKER
IN BETHLEHEM

Israel. She says cars with white Palestinian licence plates could not drive on certain roads.

Alex Awad is Palestinian, born in Jerusalem in 1946, and he lost his father when a sniper killed him in front of the house during the first major Arab-Israeli war in 1948.

Alex and his family lost their home and became refugees. "We had to run away from our house to another place," he says.

Alex and his siblings studied in Europe and around the world; he was in Switzerland in 1967 when the Six-Day War happened. He wanted to go back home, but the Israeli government did not allow Palestinians who left the country to get back in, which happened to thousands of other Palestinians.

"I wanted to go back home, but I could not go home," he says. He then applied to a college in the U.S. and was thankful for the opportunity to come to America to continue his education. Hoping to be closer to his

home in Palestine, Alex and his wife served at Bethlehem Bible College in East Jerusalem as missionaries of the United Methodist Church.

After retirement, Alex and his wife

moved to Eugene about 10 years ago. Living in the U.S., he says he sees false media representations of what's really happening in Gaza and the people there. "The way the media report was totally different," he says. He always loves to share his experiences. "I try to help people understand the reality of what's happening in my country," he says. He hopes that many Eugeneans will come hear Sami Awad speak.

"He is a man of peace, a man who dedicated his life to nonviolence," Alex says of his nephew.

Sami Awad will talk at 11 am to 12:15 pm, Sunday, August 17, at First Congregational United Church of Christ of Eugene, 1050 East 23rd Avenue, with a discussion, 7 pm to 9 pm, at First United Methodist Church, 1376 Olive Street. Awad will also speak 10 am to 11:30 am, Tuesday, August 19, in the large meeting room at Springfield Public Library, 225 5th Street. He will then speak at 6:30 pm at the Florence Unitarian Universalist Fellowship, 87738 Highway 101 at Heceta Beach Road.



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Photo by Eve Weston

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IN THE BAG

Intravenous fluids maker picks
Eugene factory site **BY CHRISTIAN WIHTOL**

A Utah-based company is converting the vacant former Arcimoto electric-vehicle factory in west Eugene into a facility making bags of intravenous fluids for medical centers around the country.

The business will have about 100 workers and use the Chambers Street manufacturing complex's main 150,000-square-foot building, says Charles Oaxaca Hall, president at Salt Lake City-based Haven Integrated Pharmacy Operations.

"We're going to be making intravenous solutions for hospitals, saline bags, hydration bags," Oaxaca Hall tells *Eugene Weekly*. Oaxaca Hall, a doctor of pharmacy, oversees Haven's Utah programs making and administering sterile solutions and compounds for infusion via drip bags or injection.

Haven has already leased the space from a company that last month bought the Eugene factory site, records show.

The facility would become one of

only a handful of IV fluid makers in the United States.

It's big news for Eugene's bio-science sector, and hasn't previously been reported.

HURRICANE DAMAGE

Most IV fluids in the U.S. are made at Baxter International Inc.'s huge plant in North Carolina, according to news reports. Hurricane Helene in September 2024 severely damaged that site, causing shortages of IV fluids at hospitals and other medical facilities nationwide, highlighting the fragility of the supply system.

Haven's move is driven partly by that, Oaxaca Hall says.

Haven has already secured supply agreements with some hospitals for the anticipated output of the Eugene facility and is seeking more, Oaxaca Hall says.

IV fluids are widely used at many health care sites. They are typically delivered by a drip line and a catheter in a patient's bloodstream. Common IV fluid uses include medication and nutrition

delivery, such as electrolyte replacements and dextrose solutions, as well as specialized formulations for individual patients.

When the Eugene facility will be equipped, start hiring or open have not been disclosed.

The facility would apparently be the only IV fluids factory in Oregon.

ARCIMOTO UPGRADES

The news is a twist in the Arcimoto factory saga.

Last winter, *Eugene Weekly* reported an entrepreneur was considering turning the empty factory into a storage facility, but that never panned out.

The complex, two blocks south of the Eugene Mission homeless shelter, is one of the largest vacant factories in the south Willamette Valley, with its main 150,000-square-foot structure plus smaller, older buildings.

Eugene-based EV maker Arcimoto bought the property in 2021 to expand EV production. Arcimoto spent millions of dollars upgrading the electrical, HVAC and air filtration systems in the main building. But Arcimoto floundered financially and shut the place. It surrendered the property to a Chicago-based creditor, Hilco Global, in 2024. Ever since, Hilco has tried to sell the place, asking \$10 million.

INTRICATE DEAL

Last month it finally sold. The transaction was a tad complex: On July 21, Hilco sold the property to Focus Infusions LLC of Gold Beach, Oregon, for an undisclosed amount, according to the deed. Focus Infusions is newly created, formed in December 2024 by Gold Beach real estate broker Joshua Stout, according to business records.

Focus Infusions then immediately sold the property to SJR Capital Partners LLC of Utah, also for an undisclosed price, according to the deed. SJR Capital Partners is a new company, formed in April of this year by Utah CPA and investor Jared Stone.

Also in July, using the factory as collateral, SJR Capital took out a \$12,755,500 loan from a Seattle commercial lender, records show. The money presumably was to pay for the purchase, and possibly also to fund equipping the IV fluids factory. The records don't specify.

The filings also show Haven Integrated Pharmacy has already signed a lease for the facility.

MYSTERIES

Much remains unknown about the project.

The companies involved, including Haven, appear to be small or start-up type ventures. Other than Oaxaca Hall, no executives responded to *Eugene Weekly* phone calls or emails.

The IV fluids industry is a highly regulated, high-volume, low-profit business, according to news reports. In the United States it is dominated by a few big corporate-owned factories, news reports say.

The Haven venture would join Lane County's budding bio-science sector. The county is home to 190 bio-science companies, many of them tiny start-ups, including spinouts from the University of Oregon, according to the Lane Workforce Partnership's 2024 report. The sector has a total of 1,473 workers, with an average wage of \$89,000, says the report.

Bricks \$ Mortar is a column anchored by Christian Wihtol, who worked as an editor and writer at The Register-Guard in Eugene 1990-2018, much of the time focused on real estate, economic development and business. Reach him at Christian@EugeneWeekly.com.

HEROES IN THE NEIGHBORHOOD

The Trauma Intervention Program honors heroic first responders and community members in challenging times

BY SEIRA KITAGAWA

Vicki and Daniel Bell were longtime friends with another husband and wife couple. One day in March they received a call from the wife saying her husband had died in his sleep — it was a sudden, unexpected loss.

When the Bells got to her house, there were medics and a medical examiner. "I just didn't know what to do," Vicki Bell says of the scene at her friend's house.

Right after the 911 call, Bridget Byfield, the director of Lane County's Trauma Intervention Program (TIP), came to the house. Vicki recognized TIP — her sister had told her about it, since she works with many clients as a hairdresser.

TIP is a national nonprofit organization founded in

1985 with 15 affiliates serving over 250 cities across the U.S. Specially trained volunteers respond to traumatic incidents to support survivors and families in the first few hours following a tragedy. The Lane County chapter launched in April 2023, and responds to an average of 15 to 20 calls a month.

TIP hosts the Heroes with Heart Award dinner on August 16 to honor heroes in the community who respond to traumatic experiences. The nominees include police officers, sheriff's deputies, a member of White Bird's CAHOOTS and more.

Byfield hopes to honor and show gratitude to people who don't get in the news but are making a big impact on the community. "They show sensitivity and compassion day to day," Byfield says.

Tracy Tesler, a volunteer for TIP, heard of the program coming to Lane County and joined the initial training class in March 2023. The training is a total of 55 hours on evenings and weekends in a two-week period. She says participants come from a variety of backgrounds and are compassionate, patient and flexible.

Tesler says she has always been interested in getting involved in supporting people in need. She has a full-time job as a dentist in Springfield and volunteers her time to the program.

"It is different from firefighting that requires physical risks," she says. TIP volunteers are not counselors and are different from CAHOOTS. "We are just able to help them not feel alone," Tesler says. She is "finding it to be very satisfying work, dealing with many different types of people, in very difficult days for them."

TIP service operates 24-7, and volunteers take three 12-hour shifts a week to make that happen. Tesler is now a team lead, in which she contributes another 10 shifts a month. There are 57 TIP volunteers in Lane County, which Byfield says is "an excellent number for an area this size."

TIP volunteers on call are notified by first responders when they feel they need additional support at a scene. Having TIP volunteers available to support those at the scene enables first responders to leave to go to other calls.

"We don't get a warm welcome sometimes; we are just there to support them," Tesler says. She says volunteers are trained to observe the situation to see how they can be of the most help. TIP volunteers tend to check in with survivors and others at the scene, too, because Tesler says those folks often need support and someone to talk to.

Bell says Byfield was "really wonderful" as she stayed at the house for a while. "She was right there," she says. Byfield suggested Bell and the wife go take a walk when the funeral home showed up — to have some space in an overwhelming situation. Byfield also followed up with the wife and Bell to make sure they didn't need anything a few days later.

The TIP dinner event includes a silent auction, which is the organization's biggest fundraiser of the year. There will also be a wine pull, raffles, a 50/50 (heads or tails) game and a madhouse dessert dash.

"I think TIP is incredibly valuable," Vicki says.

Heroes with Heart Awards Dinner is from 5:30 pm to 8 pm, Saturday, August 16, at Veterans Memorial Building, 1626 Willamette Street. Tickets are \$60 for an individual dinner or \$450 for a table of eight. You can also donate to support the program in Lane County at TIPLaneCounty.org/donate.

AN ACTIVE LIFE STARTS ANYTIME



With a goal, sports can sustain and bring growth for a lifetime

BY SEIRA KITAGAWA

Noriko Seiner was one of the 12,000 runners lined up at Hayward Field at 7 am April 27. She had run several half marathons and 10k races in the past few years, but the last time she ran a marathon was 30 years ago. She crossed the finish line with a time of four hours and 55 minutes, beating her goal of under five hours.

Seiner was also the oldest female runner who finished the full marathon this year at the age of 64.

She always loved exercising. When she moved to the U.S. from Japan for college in the 1980s, she got into an aerobics class, since it was popular then. But after a while, it was not challenging enough for her, leading her to start running. Seiner started with a jog-walk, then “two miles became three miles, and I did a 5k race,” she says. “Running became part of my lifestyle.”

Seiner says she always focuses on a goal, whether it’s finishing a race or completing it in a specific time. She also found a running club that did a “qualify for Boston” training. With the running club’s support and dedication, she qualified for the Boston Marathon with eight seconds to spare in 1993. When she ran races, she consistently finished well in her age group.

When she had her two children, family became priority. She kept running, but paused marathon training, which requires

a major time commitment.

She moved to Corvallis when her daughter went to Oregon State University, and Seiner started hiking, cross-training and backpacking, rebuilding her endurance. She began running on trails and did some half marathons before running the full marathon this spring.

Seiner, in her 60s, is a masters athlete, but did you know that a 45-year-old can also be called a masters athlete? According to the International Tennis Federation, players over 30 are considered masters.

Local tennis coach Calle Hanssen, 45, won the Men’s National 45s Hardcourt Championships held by the Westlake Athletic Club in California for the 45-50 age group this spring, making him the champion in the U.S. for the 45s and above.

Hanssen is the director of tennis at the Eugene Swim & Tennis Club, a position he has held since 2022.

Tennis has always been a passion and a significant part of Hanssen’s lifestyle. Growing up in Sweden, he first got interested in tennis because his older brother was playing it. He grew his love for the technical aspects of the sport, and when he was 10, he won his first tournament at the club where he played. “It created my little identity there,” Hanssen says.

He was one of the top three players in Sweden between ages 12 and 18. “I loved it,” he says. “I love the pressure, I love the competition.” When he was 16, he attended a tennis academy and played some amateur leagues.

Then, Hanssen got a call from Pepperdine University, and he moved to Malibu, California, to play on its Division 1 men’s tennis team. He says that was one of the

greatest experiences, getting an education and playing tennis with great teammates. He was a two-time All-American and qualified as a singles player, a doubles player, and a team player during his college tennis career.

After graduating, Hanssen traveled around the world with his former teammates for a year and a half on a pro tour. Although it was challenging to make a living from it, he says he is glad for the experience.

He stopped playing competitively and shifted to coaching tennis when he was 26.

Looking back, Hanssen also says that he felt almost burnt out after playing competitively in college. “Once people are super competitive, then they stop playing. It is frustrating when you feel like you are not at the same level as you were,” he says.

Hassen now has his own children and work responsibilities, so he says he plays in tournaments maybe once a year.

Two months before the masters championship at Westlake — where he used to coach — he started training to get ready. “I played pretty good all the way to the final, and the final was amazing,” he says as the final match was intense and he “felt like I went back 20 years” in front of friends, family and old co-workers.

“It definitely takes practice, you have to prepare yourself, as you get older,” he says, “you have to be more thoughtful to play in a tournament.”

For about 20 years, Hanssen has been coaching youth and adults, starting in California and now at Eugene Swim & Tennis. At the masters championship at Westlake, he also got to see his former students now grown up, married, and some with children.

“I feel having a good sport for them, being positive, encouraging, being there for them, is more than tennis,” he says.

Seiner had another goal besides running a marathon — climbing up to the top of Japan. On July 31, Seiner hiked up Gotemba Trail on Mount Fuji, 7,776-foot elevation gain to the summit, 12,389 feet, a “steep climb and descent on scree and volcanic rocks,” she writes. “I try not to think about my age as much,” she says, “my knees are still good.”

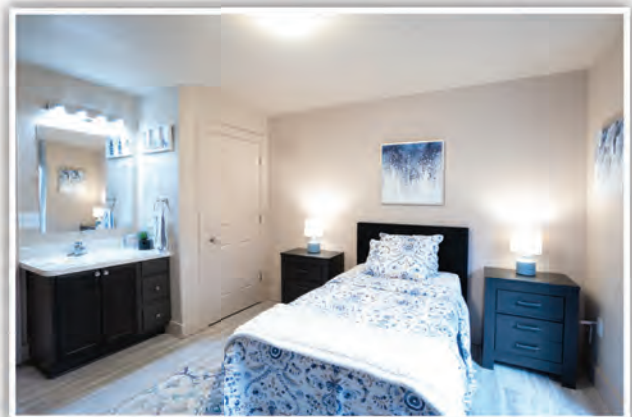
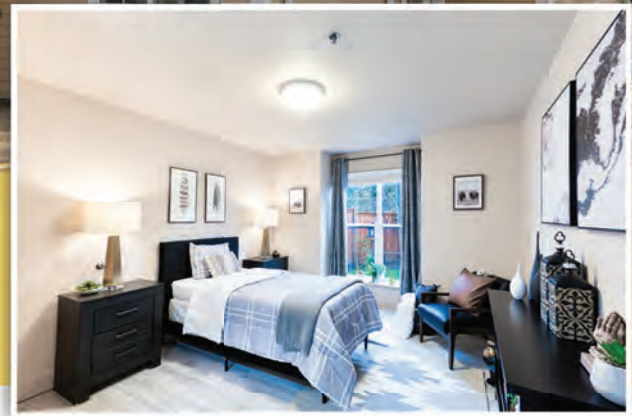
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Retirement is often considered the end, but what if it's really just the beginning?

A Gettysburg College study found the average person spends 90,000 hours — or one third of their lifetime — at work. For some, retirement is an opportunity for reinvention and trying something different.

Robin Hostick, now 54, had worked in city government for a decade but is best known these days for his large sublime landscape paintings. “I’ve been an artist my whole life,” he says. “I was one of those kids that always won the poster contest in school.”

Growing up in Jacksonville, Oregon, Robin was obsessed with art. But the idea of making a living as an artist didn’t seem possible. He graduated from the University of Oregon with a landscape architecture degree. “A fantastic blend of my passion for the outdoors with artistic design,” he says.

Following graduation, he moved to Munich, Germany, to pursue his architectural opportunities in a new environment. “It was an important part of my education. You make certain assumptions about the way the world is, once you spend long amounts of time in a new place, you understand the world in a different way,” Robin says.

While in Germany, he spent

much of his free time exploring the scenery of vast environments, sketching his memories, what he saw and what he felt. “A lot of it has to do with curiosity

helping build the city of Eugene’s urban design program from 2008 to 2013 and served as the planning director from 2013 to 2020. After years of working in public

says. “I wanted to bring that feeling into my home.”

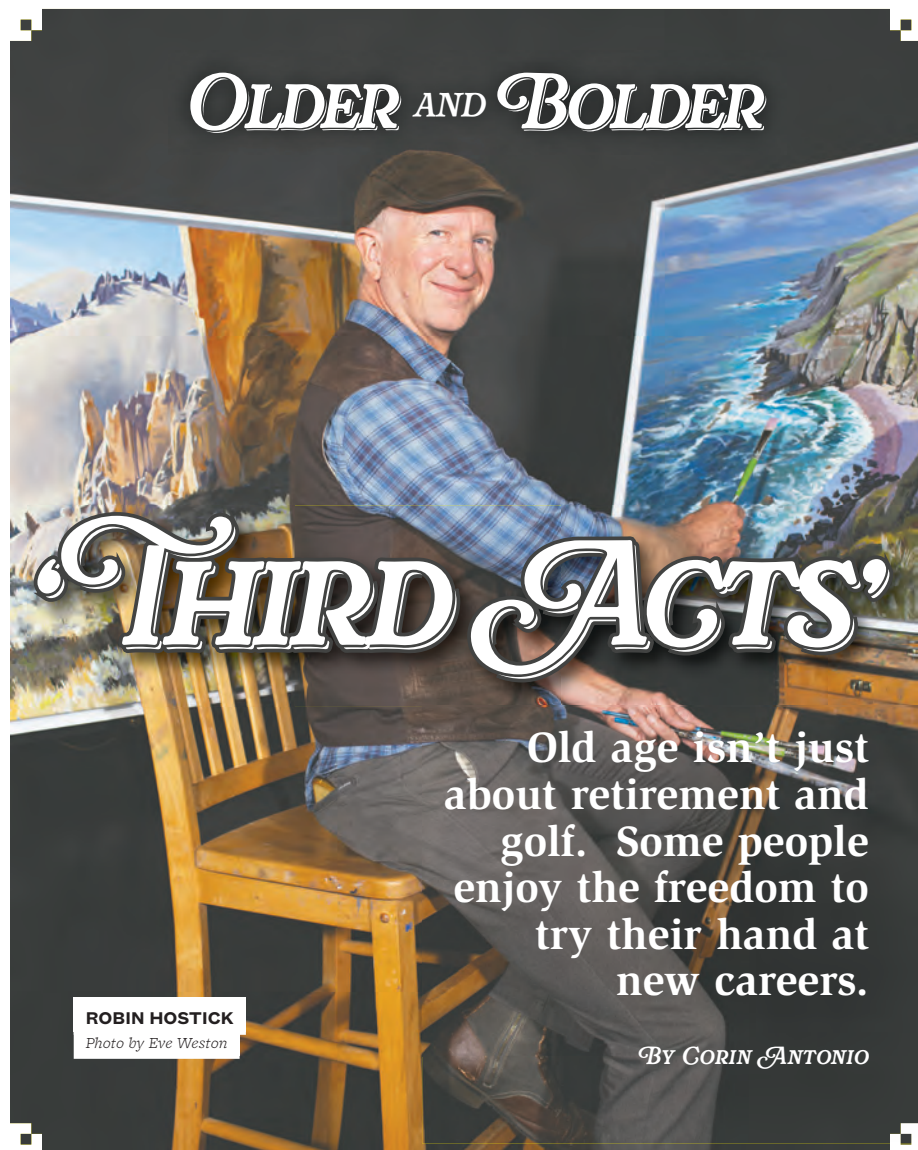
He started by pursuing a goal: “I took on the challenge of doing 50 paintings in a year,” he says.

“At some point I realized, as comfortable as a career is, I felt like leaving that — with kids in college, it was a huge risk, but I felt inspired by family members passing away, learning that this is real and we only have one shot at life,” he says.

In January 2020, at age 49, he stepped down from his planning director position to pursue a full time art career, “I’m going to give this a good shot and not even think about doing anything else for three years.”

He pulls his inspiration from his love of and connection with the outdoors. For decades, Robin spent his time fostering a foundation for a strong community. Now, he’s able to explore an art passion where he feels fulfilled, connected and grounded to his environment around him. He’s constantly out in nature seeking inspiration and looks for times, places and moments when the landscape “reveals itself, in ways that are emotional and moving,” he says.

“Even though my art is quite representational, I paint them more for the way they feel than the way they literally appear,” he says. “I look at something and I feel something, but I don’t always know why, sometimes I



and exposure to new things. Art and the pursuit of art is about constant exploration,” he says.

From there, Robin began his involvement with city planning,

service, “I had this feeling come over me. I had a couple of kids, different busy careers, I thought I just really want to see what I can do painting landscapes,” he

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don't know why until after I've painted it."

Ute Hostick, Robin's wife, now 57, earned her master's degree from the University of Oregon and later a Ph.D. in developmental biology from the University of Tübingen in Germany.

"Combining genetics and molecular biology, that was my passion and still is," Ute says.

After returning to Eugene, she ran one of the University of

'I'VE BEEN AN ARTIST MY WHOLE LIFE.'

— ROBIN HOSTICK,
LANDSCAPE ARTIST

Oregon core lab facilities for 20 years. "Science is an evolving field. When you go to school, you think, 'We know everything.' It's like, 'No, we know very little,'" she says.

Ute studied model organisms and genes in detail, understanding how obesity comes about. "It's not one factor, it's not five factors, it's hundreds of factors," she says. "Now, we understand that lifestyle and our environment has a huge effect on gene expression," she added.

During the height of the COVID-19 pandemic, lab and research facilities were shut down at the University of Oregon. "There was less work, and a busy mind just doesn't sit still," Ute says. She needed an opportunity to occupy her time, something giving her purpose.

"I read an article about health coaching, I found it intriguing," she says.

After feeling a lack of purpose matched with a lack of work, she began researching healthy lifestyle habits — something Ute has always been intrigued by, and because of her qualifications, her family and friends often ask her opinion regarding health and wellness. After some inspiration, Ute decided she would obtain the qualifications and knowledge to begin to pursue life as a health coach.

After she received her qualifications in 2021, "I started giving lectures at Willamalane and the downtown Eugene library," she says. Her advice: "The sooner you start with healthy lifestyles, the better." She feels "honored" to share her lifelong passion for science and biology to those in need. For decades, she worked in lab facilities, and now she feels fulfilled working directly with the community and those in need of a boost, she adds.

Once you understand why you want to do what you want to do, the mindset of "I have to do this" shifts to "I want to do this and nothing will get in the way of it," Ute says.

"You have all the reasons not to. But if you want it, you'll find a way to do it. It's not easy," she says.

Sara Stankey, age 55, like Robin Hostick, worked in government before beginning her third act. She retired at 54 after working for the Children Services Division for over 30 years in Eugene. Now she owns and runs Your Magic Journey, an independent travel agency. Immersed in the community for decades, she spent most of her time helping families and children. Helping people embark on adventures, she says, is not that different.

"I've always loved to travel. My dad did research overseas, so I lived in Australia for a couple years," Sara says. After she had children of her own, "We've been fortunate to be able to travel with our children — it's my favorite thing to read, think and learn about." In an era when huge online companies have taken over the travel industry, the work of a "travel agent" has shifted.

"The job is different than it used to be. Most people aren't using a travel agent to book a flight, but sometimes it's hard to clear out the noise of the internet and figure out where you really want to go," she says. "That's where I come in."

As someone who has always worked for the government, being self-employed is "a very different animal," she says. "It's really exciting for me. I'm loving it so far."



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OLDER AND BOLDER

SLANG FROM ALL ANGLES

How different generations view lingo

By SAMANTHA SOBEL

“A word that’s used within a culture, and that’s created by that culture,” is how Jeremiah Campbell, member of Gen-Z and barista at 5th Street Market, defines slang. He says that this definition can be perplexing because it’s hard to distinguish what slang is these days. Campbell says that in his time working with coffee, a word he frequently

hears is “slay.” He says, “I was originally like, ‘That’s so funny.’ And then, eventually, I caught myself saying it.”

Slang has become a part of everyday life in ways that makes it seem like its own language to the older generations who may not be following social media trends. While it may seem hard, it’s well within reach — with some patience and understand-

ing — for people of all ages to get on the same colloquial page.

Slang is typically described as a type of language that is used in informal contexts that can be shortened or comedically toned, often in groups we feel comfortable with, like friends or family. Within the last few decades, these linguistic variations have left the lunch table and seeped into not only classrooms, but some work environments with words like “sus” and phrases like “clock it” coming from mainstream media.

Campbell says that working in restaurants in the past, slang like “heard” and other shortened verbs made the fast-paced environment easier to manage. “Some slang can be functional, some slang can be funny, some slang can be personal,” he says. “All slang is like honey. Sometimes, if you lay it on thick, people like that, or sometimes you got to drizzle it on a little bit, to make language sweeter.”

As a member of Gen-Z myself, I’ve found slang to be a useful tool in creating connections. Being able to let down my linguistic walls and talk without a filter helps me show up more authentically in conversation.

In certain capacities, I feel the need to code switch to match the tone of my environment, but even in those situations, I tend to gravitate toward individuals who use slang like I do. In addition, slang can be a great way

to bring humor to an otherwise bleak topic and shift the energy of a conversation. There are times when a serious tone is called for, but I appreciate slang for its comedic nature.

Angel Arciga, Millennial and phone salesman at Walmart, says, “Slang makes everything that I do with the people I care about a lot smoother. We can always talk eloquently if we need to, but sometimes you just got to be who you are.”

Arciga advises people to avoid using slang in professional settings, but stresses its importance to identity and creating connections. “Slang changed from being something people look down upon to something that’s a part of common conversations every day,” he says. “It used to be a sign of not being educated, according to a lot of people when I was growing up, but now it’s actually part of society.”

Arciga says he has even seen the older generations attempt to use slang out of context, but validates that with insight, everyone can understand it, no matter their age.

Meanwhile, Lisa Thorsen is a semi-retired Gen-Xer who works on upkeeping rental properties in her free time. She says when her grandkids come home from elementary school, she is frequently unsure what they are talking about, but their teachers are young, so they seem to under-

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stand the words and encourage their use. “It’s confusing. I have to ask, ‘What do you mean?’ All the shorter word verbiage makes me feel like I’m still old school,” Thorsen says.

She adds, “I am just glad I don’t have kids with phones right now, because I always ask my younger family, ‘What does this mean? What does that mean?’ but I don’t feel the pressure to keep up with them.”

In her disco era, Thorsen used the term “groovy” and says, at one point, “Everything was really bitchin’.” Now that her generation isn’t in the linguistic spotlight, she’s found that the slang has become arguably more like a jargon for older generations to decipher.

Dave Ebling, a Baby Boomer and member of the Garden Way Retirement Community, says education has an impact on the way we learn how to speak, and that he has seen slang become more prominent in classroom

environments in recent decades. But Ebling says he misses when people would say, “You look spiffy,” and doesn’t recall the last time he heard the phrase or ones like it. These days, Gen-Zers might say, “You look fire” or “You look like a snack.”

A fellow Baby Boomer at Garden Way Retirement Community, James Moore, appreciates the way words have evolved with the world’s issues.

He says, “It’s meaningful if you understand it. I think young adults have more on their minds, they have more needs, there is more going on. They need many more meaningful and relevant answers.”

Moore says that slang may make language more vague these days, but it gives words deeper meaning. When he was younger, popular words included “groovy, cool, no sweat and right on.” He encourages younger generations to continue finding peace by using their voice.

A BEGINNER’S GUIDE TO CURRENT SLANG

Ate down or 4+4: complimenting someone’s appearance or performance

Bruv: brother or pal

Bussin’: when something is amazing or exceeds expectations

Cap: that’s a lie

Chopped: ugly

Clock it: when your intuition is proven correct

Cringe: a feeling of embarrassment or second-hand embarrassment

Dead ass: seriously

Delulu: delusional

Drip: style

Fam: close friends or family

Fire: if something is cool

Fit: attractive

Flex: show off

Glow up: the positive transformation of someone’s appearance over a period of time

Heard: I hear you

Highkey: to a great extent, opposite of lowkey, intense
It’s giving: another way to say someone is attractive

Lit: exciting

Lowkey: to some extent

Mewing: pushing the tongue on the roof of the mouth for a sharper jawline

Mid: middle tier

Mog: to outshine those around you

On God: expressing emphasis or vouching for something

Ohio: something awkward or cringeworthy

Period or Periodt: to validate or affirm

Pookie: a comedic pet name for a friend or love interest

Rizz: charisma

Simp: someone who has strong feelings for someone with little to no reciprocation

Sigma: cool or popular

Skibidi: a filler word; inside joke between gamers

Slay: to do something well

Snack: complimenting appearance

Sus: suspicious

Tea: gossip

Yeet: expressing excitement or happiness or tossing something

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SLEEP REMEDIES

Falling asleep, falling back to sleep — suggestions for rest and relaxation

BY EW STAFF

Why did no one tell us that as you start getting older, you start having trouble sleeping? Some of us have trouble falling asleep, some of us wake up in the middle of the night — or even worse an hour before the alarm goes off — and are dull and tired the rest of the day.

We asked readers and Eugene Weekly staffers how they deal with their bouts of insomnia.

READER REMEDIES

- I've cut out coffee to get off of the stimulus-crash cycle. To get to sleep I count my breaths, one through four, and slow it down. Slower breathing sends a message to the brain that it's OK to relax and sleep. Going to bed and getting up at the same time helps. Better to skip late night TV, but I watch it anyway. Fiction is the only drug I haven't been able to give up. — Lynn Porter

- Yoga Nidra or "yogic sleep" is a wonderful way to calm the body before sleep, or the middle of the night. There are many guided meditations on

YouTube. I recommend The Mindful Movement. If you've tried other types of meditation without a lot of success, don't poo poo Yoga Nidra too quickly. When we are able to focus on our body, there is a physiological response in the brain that quiets all that rooftop chatter going on, especially when we feel anxious. To learn more, check out the Huberman Lab podcast. Dr. Andrew Huberman, a neuroscientist from Stanford, is dedicated to educating the public about science and solid health practices. — Melissa Ivan

- So, one of the joys of young-onset Parkinson's is sleep fragmentation, which means most nights I wake up after between three and five hours. I have my big trick and my little trick for getting back to sleep.

The big trick: Get out of bed, out of the bedroom, sit down and read a couple of chapters in a good book. No overhead lights — just a little clip-on reading lamp that's amber to minimize the blue light exposure. Read until I start thinking in pictures instead of words, which is a sign my dream machine is cranking up again, and then go get back in bed.

If that doesn't work, sometimes a middle-of-the-night

peanut butter sandwich does. I have no idea why. — Doyle Srader

- I've found that reading a boring, difficult book works wonders. The best one I've found is *Critique of Pure Reason* by Immanuel Kant. I couldn't even get through a paragraph; my brain just gave up and I was asleep before I knew it. Karl Marx's *Capital* was another good one. The slog through his explanation of "use-value," "exchange-value" and "surplus-value" had one redeeming value — sending me off to the land of nod. The sections on the living conditions of the poor and working class of his time are probably too harrowing to do the trick, though. — Jeremy Wade

- Take a deep breath through the nose, filling the stomach first, then the chest and then breath out slowly through the mouth. Repeat. — Donald French

- I invented this system and can recommend it for insomnia caused by stress. All three steps serve a purpose, so do all of them together:

- 1) Count backwards from 100 — your brain can't deal with counting backward and processing other information at the same time.

- 2) Do the count on your exhale — no special breathing techniques — linking the count with your exhale is calming and keeps your brain focused on the process.

- 3) At some point your brain will skip a number — very important — go with whatever number just popped into your head and continue counting down, this is your brain getting tired. Do not make any effort to force yourself to continue the exact sequence; just take the new number and continue to count backward from there,

no matter how many times you find yourself skipping around. — Elizabeth Luce

- I find progressive relaxation exercises with deep breathing helpful. I also use four dropperfulls of valerian tincture with 1/3 to 1/2 cup of wine helpful to relax me for sleep. — Sue Bitterling

STAFF SLEEP AIDS

- The Calm app and its sleep stories are my go-to (when whiskey and exhaustion have failed). "The Nordland Night Train" with Erik Braa on YouTube was my gateway. At first I was like, "I can't listen to this dude talking ever-so-boringly," and as it turns out, I couldn't — I passed out. I finally made it to the end of the story, and then discovered all the other stories on the app and YouTube. Camila Cabello, Harry Styles, Matthew McConaughey all drone me into dreamland. Lin-Manuel Miranda narrates in Spanish, and my Spanish is terrible, but I still pass out. — Camilla Mortensen, editor

- Falling asleep in the first place depends on cutting back coffee and evening screen time, as well as regular exercise. One thing I love about old age is the hour-long 3 am semi-dream state, in which I often get my best writing done while lying in bed — or at least mapped out in my mind before falling back into restful sleep. — Bob Keefer, arts editor emeritus

- Once I wake up in the middle of the night, I have a really hard time turning my brain off and going back to sleep. For some strange reason, this works: My long-suffering hubby picks up the pencil and we settle in to work on a *New York Times* crossword puzzle. I am literally out like a light in less than 30 seconds. Every time. — Jody Rolnick, publisher



Seniors are learning how to use their devices and stay safe on the internet

By Eve Weston

Let's be honest, technology can be frustrating. And it can be even more so for those who have moved from landlines to cell phones with apps over the last 50 years. It can get so bad that some might not want to touch the stuff at all.

After spending hours and hours with his own parents, Brett Vannatta realized they weren't the only ones struggling. So, in 2024, after leaving his previous job, he started Gray Matter Tech Services, a one-man business meant to help seniors feel more confident in their technological abilities. "There were a lot of people that didn't have that support and no one else was really doing it," he says.

Vannatta offers unique one-on-one instruction sessions tailored to each client's specific needs. He is also hired by senior living facilities to host seminars or provide tech support to those who need it. Sometimes that means helping seniors transfer data, set up a new device or buy a new phone. His seminars cover topics like artificial intelligence, how to use health care portals, how to shop online and even how to use DuckWeb to buy tickets

for sporting events around town.

Getting in-person support from someone who is patient and understanding makes all the difference, especially if some degree of frustration has already kicked in. Vannatta says sometimes he hears that when a senior does not fully understand their technology, "they'll put it in a drawer and say, 'I guess I don't use a computer anymore.'"

But it doesn't have to be like this. Vannatta says if you get that confidence back, you can start to learn more about all the different things technology can do to make your life easier.

Understanding technology can help seniors connect with distant family members via video calls, manage appointments, shop online and access telehealth. It can provide entertainment and news to a level otherwise inaccessible. But with access to the internet comes a certain level of danger, especially to those who don't understand today's online threats.

Con artists will always try to find new ways to create convincing scams. The FBI reports that in 2023, seniors in the U.S. lost an estimated \$3 billion from fraudulent activities. A year later, it determined that Americans as a whole lost \$16 billion as a result of internet crimes. A staggering 101,000 of these victims were seniors.

A scam is currently floating around Oregon where victims will receive an official sounding message meant to appear as the DMV saying you have an unpaid traffic ticket and must pay immediately or risk criminal prosecution. This is known as a "phishing" scam where scammers pose as legitimate agencies to gather and steal valuable personal information.

Vannatta says scams use three major elements to draw people in: emotion, sense of urgency and secrecy. "I've seen things where you'll get a pop-up that is supposedly from the FBI, and they make it sound so onerous that you don't want to tell anybody," Vannatta says. Scammers will often urge victims to send payment right away through suspicious means like gift cards, wire transfers or even cryptocurrency.

Experts say one of the best ways to avoid scams online is to not click on suspicious links. All government websites end with a .gov address. Scammers will try to trick you by putting .gov somewhere in the link, but not at the end. If you have doubts about the legitimacy of a call or link, contact the agency directly and inquire there. Then, the agency should be able to inform you if the call or website is legitimate.

Since he's started Gray Matter, Vannatta says he's hosted over 30 seminars covering how to avoid scams that are getting increasingly harder to spot. Despite the risks associated with being online, however, Vannatta says that tech can still "be really liberating for seniors, especially if you have mobility challenges or you don't drive," adding that "being able to use technology if you have the support is really important."

Struggling with technology absolutely does not mean it's too late to learn. "I think the biggest thing is: don't ever think that people can't learn new things," Vannatta says. "I see that over and over again, if you're patient, seniors absolutely can learn new things and take advantage of technology."

Brett Vannatta of Gray Matter Tech Support can be reached through his website at GrayMatterAssist.com or by calling 541-525-9131.

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A MAN AND HIS ALPHORN
— A SWISS INSTRUMENT.
Courtesy of Scandinavian Cultural Foundation

August 14 THURSDAY

Art/Craft

Paint & Sip: Palm Trees at Sunset, 2-4pm, Art w/ Alejandro, 590 Pearl St., ste. 104. \$35.

Paint & Sip: Hot Air Balloons, 6-8pm, Art w/ Alejandro,

590 Pearl St., ste. 104. \$35.

Benefits

Nancy's Recycling Round-Up, 11am-2pm, Natural Grocers, 201 Coburg Rd.

Film

The Grateful Dead Movie (1977) Meet-Up, 7pm, Art House, 492 E. 13th Ave. \$15.

Food/Drink

Thursday Tasting w/ Grains of Wrath, 5pm, PLAY Eugene, 232 W. 5th Ave.

AUGUST 14-17

Grab your *Sverigedränkten* and your *bunads*, because the annual **Junction City Scandinavian Festival** is coming back this weekend. When the I-5 was built in 1961, Junction City was passed over by many people who would have otherwise traveled south through Oregon down Highway 99. In order to bring tourism back to Junction City, the Scandinavian festival was born. As the town was once a hub for Scandinavian settlers to build their culture and raise their families, the festival honors Junction City's rich Scandinavian history, and the late nineteenth-century time when the first Scandinavian settlers arrived. For those attending the festival, "It's like being transported into a period piece on TV," says Rebecca MacDonald, chairperson of publicity and marketing for the Scandinavian Cultural Foundation. All of the staff, fixtures, entertainment and almost 100 vendors seek to be accurate for the time period. MacDonald says when you're at the festival, between the visual aesthetics and the vintage music, "You walk down the street and you're in old-town Scandinavia from the 1800s." The festival is very immersive, and offers many features for those familiar with the culture, and those who know nothing about it. With each day's entertainment themed after a different Scandinavian country, she says, "You will see lots of dancing, hear traditional music, learn Scandinavian languages, watch demonstrations." Quite importantly, she says, "if you like to eat, you'll like to be out here," with authentic food options, including *øbleskiver*, which is "somewhere between a waffle and a pancake, but spherical," and *tippaleipä*, or Finnish funnel cake. In terms of hand-crafted and imported art, goods and gifts, MacDonald says this is your chance to get early Christmas presents, because, "you're not going to see anything like this anywhere else." — Savannah Brown

The Junction City Scandinavian Festival is 10 am through 9 pm Thursday, August 14, through Saturday, August 16, and 10 am through 8 pm Sunday, August 17, at 195 West 5th Avenue in Junction City. Free. For more information visit JunctionCityScandia.org.

2025 Edible Garden Tour w/ SW. Corvallis gardens, 5-8pm, Various SW. Corvallis locations. Visit SustainableCorvallis.Org for a map.

Thursday Tasting Series, 6-8pm, The Bier Stein, 1591 Willamette.

Gatherings

Emerald Empire Kiwanis Club Meeting, noon, Countryside Pizza & Grill, 645 River Rd.

Social Security 90th Anniversary Community BBQ, 4:30-6:30pm, Campbell Community Ctr., 155 High St.

Peace Vigil, 5:30-5:45pm, Peace Pole at Bob Keefer Ctr., 250 S. 32nd St., Spfd.

Kids/Family

Preschool Playtime, 10:15am, Bethel Branch Eugene Public Library, 1990 Echo Hollow Rd.

Sensory Playtime, 4:30pm, Downtown Eugene Public Library.

Lectures/Classes

Summer Speaker Series, 6-8pm, S. Lane Mental Health, 1345 Birch Ave., Cottage Grove.

Nightlife

Cat Trivia Night, 6pm, Eugene-Spfd. Cat Lounge, 537 W. Centennial Blvd. \$18.

Bingo, 7pm, Twisted Duck Pub, 529 W. Centennial Blvd., Spfd.

Bingo w/ Jen Jay, 7-9pm, Wetland Brew Pub, 922 Garfield St.

Musical Speed Dating, 7pm, Sam Bond's, 407 Blair Blvd. \$5.

Trivia, 7pm, Gratitude Brewing, 540 E. 8th Ave.

Karaoke w/ Crystal, 8pm, Happy Hours, 645 River Rd.

Outdoors/Recreation

Gentle Chair Yoga w/ Clark Stacer, noon-1pm, St. Thomas Episcopal Fellowship Hall, 1465 Coburg Rd.

Thrifty Thursday Tee Times, 5pm, PLAY Eugene, 232 W. 5th St. \$50.

Social Dance

Latin Dancing, 7-10pm, Claim 52 Brewing, 232 Lincoln St. \$5.

Spiritual

Higher Self Meditation, 5-5:30pm, Online, visit SpiritualArts.Org for more information.

Refuge Recovery, 5:30-7pm, Sacred Connections Community Church, 810 W. 3rd Ave.

Tarot Practice Circle, 7-9pm, Seven Sisters Circle. \$4-9.

Theater

Peter Pan, 6-8pm, Petersen Barn Community Ctr., 870 Berntzen Rd.

The Tempest, 7:30pm, Cottage Theatre, 700 Village Dr., Cottage Grove. \$15-29.

August 15 FRIDAY

Art/Craft

Make Found & Undead Art, 2:30-5:30pm, Downtown Eugene Public Library.

Paint w/ Cats, 5:30pm, Eugene-Spfd. Cat Lounge, 537 W. Centennial Blvd., Spfd. \$35.

Paint & Sip: Hibiscus Flower, 6:30-8:30pm, Art w/ Alejandro, 590 Pearl St., ste. 104. \$45.

Comedy

The Dose, 8pm, Art House, 492 E. 13th Ave. \$22-32.

Dance

Bellydance & Live Music, 8:30-10:30pm, Axe & Fiddle, 657 E. Main St., Cottage Grove.

Gatherings

Non-Violent Resistance in our Community, 6-8pm, Unity of the Valley, 3912 Dillard Rd.

Kids/Family

Sewing & Glass Magnets, 9am-3pm, Blackthorn Academy of Irish Dance, 420 W. 12th Ave. \$60.

Adventures in Archaeology, 10am-5pm, Museum of



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BEST of EUGENE

2025 Readers Poll

Love them? Nominate them! Nominations are now open for Eugene Weekly's Best of Eugene.



CIVICS

- BEST LOCAL POLITICIAN
- BEST NONPROFIT LEADER
- BEST LOCAL HELLRAISER
- BEST LOCAL UPROAR
- BEST EDUCATOR K-12 (AND WHERE THEY WORK)
- BEST PROFESSOR (AND WHICH SCHOOL)
- BEST LIBRARIAN (AND WHERE THEY WORK)
- BEST ANIMAL-FOCUSED NONPROFIT
- BEST NONPROFIT FIGHTING HUNGER
- BEST PROGRAM FOR THE HOMELESS
- BEST ENVIRONMENTAL ADVOCATES

GOING OUT

- BEST DOG PARK
- BEST PLACE TO GO FOR A RUN
- BEST PLACE TO TAKE THE KIDS
- BEST DRAG BRUNCH
- BEST EVENT VENUE
- BEST CONCERT VENUE
- BEST TRIVIA NIGHT
- BEST QUEER GATHERING SPOT
- BEST SINGLES SCENE
- BEST LOCAL COMEDIAN

BEST KARAOKE

BEST GAME NIGHT

ARTS & PERFORMANCE

- BEST BURLESQUE PERFORMER
- BEST KARAOKE
- BEST PLACE TO DANCE
- BEST NEIGHBORHOOD EVENT
- BEST LOCAL ATHLETE
- BEST LOCAL FICTION WRITER OR POET
- BEST SOCIAL MEDIA PERSONALITY
- BEST JOURNALIST
- BEST LOCAL TV PERSONALITY
- BEST LOCAL RADIO PERSONALITY OR PODCASTER
- BEST CLUB DJ
- BEST ACTOR/ACTRESS
- BEST LOCAL THEATER COMPANY
- BEST LOCAL BAND
- BEST LOCAL SINGER/SONGWRITER
- BEST CLASSICAL MUSIC GROUP
- BEST LOCAL CLOTHING DESIGNER
- BEST PHOTOGRAPHER
- BEST DRAG QUEEN
- BEST DRAG KING

BEST LOCAL ARTIST

- BEST ART GALLERY
- BEST PUBLIC ART

EATS AND BEVERAGES

- BEST BARTENDER (AND WHERE THEY WORK)
- BEST SERVER
- BEST BARISTA
- BEST PLACE TO SIP A CUP OF TEA
- BEST PLACE TO GET A BURGER
- BEST CHICKEN JOINT
- BEST BAR GRUB
- BEST BRUNCH SPOT
- BEST COMFORT FOOD
- BEST LATIN AMERICAN FOOD
- BEST ITALIAN FOOD
- BEST JAPANESE FOOD
- BEST KOREAN FOOD
- BEST CHINESE FOOD
- BEST THAI FOOD
- BEST INTERNATIONAL CUISINE THAT DIDN'T FIT IN ONE OF THE OTHER CATEGORIES
- BEST CHAIN RESTAURANT TO CELEBRATE YOUR BIRTHDAY
- BEST BARBECUE
- BEST VEGETARIAN
- BEST VEGAN DISH

BEST PLACE TO EAT AND NOT WORRY ABOUT ALLERGIES

BEST PIZZA

BEST BAGEL PLACE

BEST COFFEE SHOP

BEST BREAKFAST

BEST ICE CREAM OR DESSERTS

BEST BAKERY

BEST BAR

BEST MIXED DRINKS

BEST PLACE FOR A NONALCOHOLIC BEVERAGE

BEST SPECIAL BREW BY A LOCAL BREWERY

BEST LOCAL WINE

BEST DISTILLERY

BEST TAKEOUT

BEST CHEAP EATS

BEST FANCY MEAL

BEST CHEF

BEST FOOD CART

BEST FOOD CART POD

BEST CATERING

BEST NEW RESTAURANT

BEST OUT-OF-TOWN RESTAURANT (NOT IN EUGENE-SPRINGFIELD)

BUSINESS

- BEST BIRTH DOULA
- BEST DEATH DOULA
- BEST LAWYER
- BEST SENIOR CENTER/ SENIOR LIVING
- BEST PLACE FOR STUDENTS TO LIVE
- BEST PLACE TO BUY TCHOTCHKES
- BEST PLACE TO GET YOUR GAME DAY GEAR
- BEST NEW BUSINESS
- BEST INDIE BOOKSTORE
- BEST SECONDHAND FURNITURE SHOP
- BEST REALTOR
- BEST HOME REMODELER
- BEST ARBORIST

BEST LOCAL OUTDOOR RECREATION STORE

BEST CLOTHING THRIFT STORE

BEST CREDIT UNION

BEST GYM

BEST YOGA

BEST MARTIAL ARTS

BEST LOCAL FOOD MARKET

BEST FARMERS MARKET

BEST GARDEN GEAR SHOP

BEST BICYCLE STORE

BEST AUTO REPAIR

BEST PLACE TO GET A USED CAR

BEST CANNABIS DISPENSARY

BEST TATTOO ARTIST OR PIERCER

BEST MENTAL HEALTH THERAPIST

BEST VETERINARIAN (AND WHERE THEY WORK)

BEST HAIR STYLIST

BEST BUSINESS ACCOUNTING FIRM

BEST CUSTOMER SERVICE WORKER (AND WHERE THEY WORK)

BEST BUDTENDER (AND WHERE THEY WORK)

BEST CATEGORY WE DIDN'T INCLUDE AND WHO WOULD WIN



vote.eugeneweekly.com





PARTICIPANTS AT PREVIOUS YEAR'S GIRLCON WITH THEIR COSTUMES.

Photo by Marcus Holloway

AUGUST 16 More than half way through the summer break — **Parent-Daughter GirlCon** can help daughters and their guardians make a joyful memory through celebrating fandom. Ophelia's Place is a nonprofit organization providing a safe space where girl-identified youth between ages 10 to 18 can explore their interests. This year marks its 20th anniversary. Ophelia's Place runs after and out-of-school programs, provides therapy for youth and families and hosts annual events like GirlCon that are open to the community. River Aaland has been working at Ophelia's Place for 14 years. Aaland says things like comics and TV shows bring joy to girls and their guardians. You can expect interactive activities such as crafts and fashion shows. Music, snacks and local art and action figure vendors will also welcome participants and set its vibe. Wear your favorite cosplay to GirlCon if you like. "It is a great memory making opportunity and special time," Aaland says, adding that relationship building is important to highlight as well. She says new people have come to previous events and learned about Ophelia's Place, and she hopes GirlCon will welcome newcomers too. — *Seira Kitagawawa*

Parent-Daughter GirlCon, open for youth ages 10-18 and their guardian, is 1 pm to 4 pm, Saturday, August 16, at Unitarian Universalist Church, 1685 West 13th Avenue. \$10 for daughter and guardian pair. Learn more about Ophelia's Place at OpheliasPlace.net.

Natural & Cultural History, 1680 E. 15th Ave. FREE-\$6.

Lectures/Classes

Tech Help, 3-4pm, Bethel Branch Eugene Public Library, 1990 Echo Hollow Rd.

Papercraftafternoon, 4-6pm, Wordcrafters Studio, 436 Charnelton St. ste. 100. \$39.

Djembe Drumming w/ Ibou Sylla, 5:30-7pm, Djembe Trading PoSt., 1740 W. 10th Ave. \$25.

Chicago Dzviti: Portrait of Zimbababwe, 7-8:30pm, The Village School, 3411 Willamette.

Nightlife

Karaoke, 6-10pm, Tallman Brewing, 2055 Primrose St., Lebanon.

Trivia, 7pm, The Barn Light, 924 Willamette.

Kinky Bingo, 8-11pm, 255 Madison, 255 Madison St. \$10.

Karaoke, 9pm-1am, The Barn Light, 924 Willamette.

Social Dance

Salsa & Bachata Social Dancing & Drop-in Class, 9pm-12:15am, The Vet's Club, 1626 Willamette. \$8.

Spiritual

Recovery Dharma Buddhist Meeting, 10-11:30am, Jesco Club, 340 Blair Blvd.

Teens

LGBTQ+ Youth Group, 4-6pm, Amazon Community Ctr., 2700 Hilyard St.

Theater

Peter Pan, 5pm, Petersen Barn Community Ctr., 870 Berntzen Rd.

Midsummer, a Musical, 7pm, Pegasus Playhouse, 402 Main St., Spfd. \$25.

A Fox on the Fairway, 7:30pm, The Very Little Theatre, 2350 Hilyard St. \$26.

Once Upon a Mattress, 7:30pm, Actors Cabaret of Eugene, 996 Willamette. \$21-\$2.

The Tempest, 7:30pm, Cottage Theatre, 700 Village Dr., Cottage Grove. \$15-\$29.

August 16

SATURDAY

Art/Craft

Creativity Café, 1-3pm, The Hybrid-Eugene, 941 W. 3rd Ave. \$10.

Paint & Sip: Beach, 3-5pm, Art w/ Alejandro, 590 Pearl St., ste. 104. \$45.

Benefits

Heroes w/ Heart Awards Dinner & Silent Auction, 5:30-8pm, Veterans Memorial Building, 1626 Willamette. \$60-450.

Drag

Drag Bingo, 5pm, Sparrow & Serpent, 211 Washington St.

Farmers Markets

Lane County Farmers Market, 9am-3pm, Lane County Farmers Market, 8th Ave. & Oak St.

Spencer Creek Community Grower's Market, 10am-2pm, Spencer Creek Grange, 86013 Lorane Hwy.

Veneta's Downtown Farmers' Market, 10am-2pm, Veneta's Downtown Farmers' Market, 88267 Territorial Rd., Veneta.

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Festival
Mermaids Unite, 2-8:30pm, Capricorn Manor, 105 W. A Ave., Drain.
Film
Saturday Morning Cartoons, 10am-2pm, Caffe Pacori, 255 Wallis St.
The Grateful Dead Movie (1977) Meet-Up, 1pm, Art House, 492 E. 13th Ave. \$15.
Gatherings
Oregon Parkinson's Warriors Foundation Grand Opening, 4-8pm, Oregon Parkinson's Warriors Gym, 4065 W. 11th Ave., ste. 50.
Kids/Family
Adventures in Archaeology, 10am-5pm, Museum of Natural & Cultural History, 1680 E. 15th Ave. FREE-\$6.

Baby & Toddler Playtime, 10:15am, Bethel Branch Eugene Public Library, 1990 Echo Hollow Rd.
GirlCon, 1-4pm, Unitarian Universalist Bldg., 1685 W. 13th Ave. \$10.
LEGO, 3-5pm, Bethel Branch Eugene Public Library, 1990 Echo Hollow Rd.
Lectures/Classes
Hands On History, 11am-1pm, Shelton McMurphey Johnson House, 303 Willamette.
Literary Arts
Defiant Moments: LGBTQ+ Stories, 1pm, Downtown Eugene Public Library.
Connotations of Summer: Eugene Poetry Seasons, 7pm, The Hybrid-Eugene, 941 W. 3rd Ave. \$15.

County Highway: America's Only Newspaper, 7-8:30pm, Tsunami Books, 2585 Willamette.
Markets
Eugene Saturday Market, 10am-4pm, Park Blocks, 8th Ave. & Oak St.,
Nightlife
Music Bingo, 6-10pm, Local Losers Lounge, 85944 Highway 99 S.
All Star Karaoke, 9pm, The Pour House Tavern, 444 N 42nd St., Spfd.
Outdoors/Recreation
Outdoor Fitness, 9am-11am, Dorris Ranch, 205 Dorris St., Spfd.
SCM Yoga, 2-4pm, Sacred Connections Community Church, 810 W. 3rd Ave. FREE-\$10.

Original Goat Yoga Experience, 6pm, No Regrets Flower Farm & Animal Sanctuary, 26641 Bellfountain Rd., Monroe. \$30.
Spiritual
Let's Just Sit Together, 10:30am-noon, Buddha Eye Temple, 2190 Garfield St. FREE-\$10.
Shamanic Drumming, 6-8pm, The Ctr. for Spiritual Living, 390 Vernal St.
Theater
Once Upon a Mattress, 2pm & 7:30pm, Actors Cabaret of Eugene, 996 Willamette. \$21-32.
Peter Pan, 6-8pm, Maurie Jacobs Park, End of Fir Ln.
Two Gentlemen of Verona, 6-8:15pm, Amazon Community Ctr., 2700 Hilyard St.

Midsummer, a Musical, 7pm, Pegasus Playhouse, 402 Main St., Spfd. \$25.
A Fox on the Fairway, 7:30pm, The Very Little Theatre, 2350 Hilyard St. \$26.
The Tempest, 7:30pm, Cottage Theatre, 700 Village Dr., Cottage Grove. \$15-29.

Classroom, 3-5pm, Tallman Brewing, 2055 Primrose St., Lebanon. \$2-5.
Comedy
Hand Shoes & Horse Grenades, 7:30pm, Luckey's Club, 933 Olive St.
Film
Teenage Mutant Ninja Turtles (1990), 1pm & 7pm, Art House, 492 E. 13th Ave. \$10.50-12.50.
The Good, The Bad, & The Ugly (1966), 6pm, Whiteside Theatre, 361 SW Madison Ave., Corvallis. \$8-10.
Gatherings
Speed Friending, 1-3:30pm, PLAY Eugene, 232 W. 5th Ave. \$15.

August 17
SUNDAY

Art/Craft
Paint & Sip: Multnomah Falls, 2-4pm, Art w/ Alejandro, 590 Pearl St., ste. 104. \$35.
Benefits
Pet Adoption Event w/ Lucky Paws, 1pm, beergarden, 777 W. 6th Ave.
Bingo Benefiting Charity: Oregon Agriculture in the

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August 14, 2025

19



KEVIN NEALON
Courtesy of Kevin Nealon

AUGUST 18-19, 21-23

'90s icons and *Saturday Night Live* alumni **Kevin Nealon** and **Janeane Garafalo** perform standup comedy in two separate runs of shows at Olsen Run Comedy Club & Lounge in Eugene. Garafolo performs August 18 and 19, and Nealon does a three-night stand August 21 through 23. Garafolo is an actress, author, comedian and podcaster, perhaps best known for roles in movies like *Reality Bites* (1994) and *Mystery Men* (1999). In the early 2000s, she co-hosted *The Majority Report* with Sam Seder, a liberal-leaning radio talk show on Air America. She was briefly on *SNL* during the 1994-1995 season. Garafolo's since kept a lower profile, but lately, her standup comedy is just as biting, with relatable observations delivered from her trademark notebook she holds on stage, profiling Gen X in its 60s. In a recent bit, she describes her hilarious refusal to "strengthen her core" and how she's a "late adopter" of YouTube ("I hope I'm saying that right," she adds). Nealon, meanwhile, is more closely associated with *SNL*, hosting *Weekend Update* — the show's legendary news parody segment — for nine seasons in the mid-1980s to early-1990s. Since then, he's had roles in *Weeds*, which premiered in 2005 and ran for eight seasons, and in movies like *Happy Gilmore* (1996), and this year, *Happy Gilmore 2*. He now hosts a YouTube talk show called *Hiking with Kevin*, where Nealon and celebrity guests hike a trail and have a conversation as best they can while out of breath — the kind of discomfort Nealon likes to maximize in his comedy. In one classic episode, Jack Black is Nealon's guest, and he keeps getting recognized on the trail while no one notices Nealon. These days, Nealon's average-guy perspective is intact with takes on marriage and fatherhood, while deftly managing crowd work, letting the audience fall into the traps he's created. In one recent bit, he discusses people who say, "Hey, boss" as a greeting. "Do I own a company?" Nealon asks, incredulously. — *Will Kennedy*

Janeane Garafolo performs 7 pm and 9:30 pm Monday and Tuesday, August 18 and 19. The 7 pm shows are sold out, but tickets (\$30) are still available for the 9:30 performances. Kevin Nealon's Loose in the Crotch: The Tour is 7 pm and 9:30 pm Thursday and Friday, August 21 and 22, and 6 pm and 8:30 pm Sunday August 23. The Sunday shows are sold out. All shows are 21-plus at Olsen Run Comedy Club & Lounge, 44 East 7th Avenue. Tickets begin at \$35 and are available at OlsenRun.com.

Kids/Family

Toddler Time, 9am-11am, Wil-lamalane Adult Activity Ctr., 215 W. C St., Spfd. \$7-9.

Make it! Workshop: Papermak-ing, 11am-2pm, BRING Recy-cling, 4446 Franklin Blvd.

Puzzles, 1-4:30pm, Down-town Eugene Public Library.

Bingo, 5:30pm, Drop Bear Brewery, 2690 Willamette .

Literary Arts

Writing Time, 6:30-9pm, Wordcrafters Studio, 436 Charnelton St., ste. 100. \$5.

Markets

Whiteaker Community Market, 10am-3pm, Scobert Park, 4th Ave. & Blair Blvd.

Nightlife

Karaoke w/ Adam Stiles, 8pm, Happy Hours, 645 River Rd.

Outdoors/Recreation

Original Goat Yoga Experience, 6-7pm, No Regrets Flower Farm & Animal Sanctuary, 26641 Bellfountain Rd., Mon-roe. \$30.

Social Dance

The Merry Lanesters, 11:15am, 118 Merry Lane.

Spiritual

Sunday Morning Soul Con-nection, 9:45-11am, Hilyard Community Ctr., 2580 Hilyard St.

Love of God for His Creation, 10-11:30am, Baha'i Ctr. of Eugene, 1458 Alder St.

Sunday Gathering, 10:30-11:30am, The Ctr., 390 Vernal St.

Theater

A Fox on the Fairway, 2pm, The Very Little Theatre, 2350 Hilyard St. \$26.

Once Upon a Mattress, 2pm, Actors Cabaret of Eugene, 996 Willamette. \$21-32.

The Tempest, 2:30pm, Cot-tage Theatre, 700 Village Dr., Cottage Grove. \$15-29.

Midsummer, A Musical, 6pm, Pegasus Playhouse, 402 Main St., Spfd. \$25.

Peter Pan, 6-8pm, Maurie Jacobs Park, End of Fir Ln.

Two Gentlemen of Verona, 6-8:15pm, Amazon Commu-nity Ctr., 2700 Hilyard St.

August 18

MONDAY

Benefits

Oakshire Inspires Benefit: Eugene Metro Futbol Club, 5-8pm, Oakshire Commons, 416 Main St., Spfd.

Bingo for Lane County Diaper Bank, 6:30pm, The Pour House Tavern, 444 N. 42nd St., Spfd.

Gatherings

Afternoon Chess, 4-6pm, PublicHouse, 418 A St., Spfd.

LGBTQIA+ Support Group, 5:30-7pm, Unity of the Val-ley, 3912 Dillard Rd,

Kids/Family

Kids' Cartoonists Club, 2-3pm, Books w/ Pictures Eugene, 296 E. 5th Ave., ste. 224.

Nightlife

Cribbage w/ Eugene Crib-bage, 6:30-8:30pm, Coldfire Brewing Company, 263 Mill St. \$3.

Trivia w/ Geo, 6:30-8:30pm, PublicHouse, 418 A St., Spfd.

Outdoors/Recreation

Beginner's Rock Climbing, 6-8pm, Crux Rock Climbing Gym, 401 W. 3rd Ave. \$17.

Yoga in the Park: Meditation & Vinyasa, 6-7pm, Washington Park, 2025 Washington St.

Spiritual

Higher Self Meditation, 9-9:30am, Online, visit SpiritualArts.Org for more information.

August 19

TUESDAY

Art/Craft

Mom & Me: Make your own pencil pouches for school, noon-2pm, Abby's Legend-ary Pizza, 1970 River Rd. \$10-25.

Craft Night: Block Print, 6:30-8:30pm, Lovely All Day Cafe, 111 Main St., Spfd. \$42-126.

Decoupage a Treasure Box, 6:30pm, Bethel Branch Eugene Public Library, 1990 Echo Hollow Rd.

Benefits

Drag Bingo: A Benefit for Planned Parenthood of S.W. Oregon, 7pm, PLAY Eugene, 232 W. 5th Ave.

Gatherings

Metal Detecting Club Meeting, 7-9pm, Eugene Elks Lodge, 2470 W. 11th Ave.

Lectures/Classes

Tech Help, 2-3pm, Downtown Eugene Public Library.

Learn ab. Psilocybin for Heal-ing, 5:30-6:30pm, Online, visit EpicHealingEugene.com for link..

Literary Arts

Writing Time, 9:30am-noon, Wordcrafters Studio, 436 Charnelton St. ste. 100. \$5.

Markets

Tuesday Farmers Market, 9am-2pm, Lane County Farmers Market, 8th Ave. & Oak St.,

Nightlife

Elks Lodge Bingo, 5-9pm, Elks Lodge, 2470 W. 11th Ave., ste. 357. \$5.

Bingo w/ Ty Connor, 6:30-8:30pm, PublicHouse, 418 A St., Spfd.

Tacos & Trivia Tuesday: Breaking Bad, 6:30-8:30pm, Tallman Brewing, 2055 Primrose St., Lebanon.

Bingo & Tacos, 7-9pm, The Bier Stein, 1591 Willamette.

Bingo w/ Judy Jitsu, 7pm, PLAY Eugene, 232 W. 5th St.

Trivia Tuesday, 7pm, The Pour House Tavern, 444 N 42nd St., Spfd.

Trivia w/ Geo, 7-9pm, beer-garden, 777 W. 6th St.

Outdoors/Recreation

Gentle Chair Yoga W/ Clark Sta-cker, noon-1pm, St. Thomas Episcopal Fellowship Hall, 1465 Coburg Rd.

Summer Disc Golf Putting Series, 6-8pm, Alton Baker Disc Golf Course, 100 Day Island Rd. \$3-5.

Social Dance

Latin Dance Night w/ DJ Vito, 7-11pm, The Cowfish Dance Club, 62 W. Broadway. \$8.

August 20

WEDNESDAY

Art/Craft

Decoupage a Treasure Box, 6:30pm, Downtown Eugene Public Library.

Film

Edge of Tomorrow (2014), 6:30pm, The Wildish The-ater, 630 Main St., Spfd .

Teenage Mutant Ninja Turtles (1990), 7pm, Art House, 492 E. 13th Ave. \$10.50-12.50.

The Good, The Bad, & The Ugly (1966), 7pm, Whiteside The-atre, 361 SW Madison Ave., Corvallis. \$8-10.

Food/Drink

Picnic at the Pavilion, 11:30am-2pm, Farmers Mar-ket Pavilion, 85 E. 8th Ave.

Gatherings

Bike Happy Hour, 5-7pm, Gratitude Brewing, 540 E. 8th Ave.

Kids/Family

Power Play for the Planet, 10:30am, Spfd. Public Li-brary, 225 5th St., Spfd.

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SATURDAY, AUG. 23

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FRIDAY, AUG. 29

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Trivia w/ Rob & Lorraine, 5-8:30pm, Hop Valley Brewing Co., 990 W. 1st Ave.

Davey's Dungeon & Dragons, 6pm, PLAY Eugene, 232 W. 5th St.

History Trivia, 6-7:30pm, 5th St., Public Market, 296 E. 5th Ave.

Rainbow Game Night, 6-8pm, Shelton McMurphey Johnson House, 303 Willamette. FREE-\$5.

Cribbage w/ Eugene Cribbage, 6:30-8:30pm, The Bier Stein, 1591 Willamette. \$5.

Bingo Wednesdays w/ Ty Connor!, 7-9pm, beergarden, 777 W. 6th Ave.

Karaoke Night, 8-11pm, The Pour House Tavern, 444 N. 42nd St., Spfd.

Outdoors/Recreation

Community Yoga, 5:30-6:30pm, Sacred Connec-

tions Community Church, 810 W. 3rd Ave.

Walk It Off W/ The Y, 5:30-6:30pm, Alton Baker Park, 100 Day Island Rd.

Teens

HOOTS Mental Health Clinic, 11am-2pm, Downtown Eugene Public Library.

Make a Peg Game, 4:30pm, Downtown Eugene Public Library.

August 21 THURSDAY

Art/Craft

Paint & Sip: Van Gogh Seascape, 2-4pm, Art w/ Alejandro, 590 Pearl St., ste. 104. \$35.

Festival

Annual Mule Fest, 11:30am-10pm, beergarden, 777 W. 6th Ave.

Film

To Kill a Wolf(2024) w/ Film-maker Q&A, 7pm, Art House, 492 E. 13th Ave. \$12.

Food/Drink

Endless Summer Beach Cocktail Event, 11:30am-10pm, PLAY Eugene, 232 W. 5th Ave.

Thursday Tasting w/ Migration, 5pm, PLAY Eugene, 232 W. 5th Ave.

Thursday Tasting Series, 6-8pm, The Bier Stein, 1591 Willamette.

Gatherings

Emerald Empire Kiwanis Club Meeting, noon, Countryside Pizza & Grill, 645 River Rd.

All-Ages Board Game & Puzzle Swap, 5:30-7:30pm, Downtown Eugene Public Library.

Peace Vigil, 5:30-5:45pm, Peace Pole at Bob Keefer Ctr., 250 S. 32nd St., Spfd.

Kids/Family

Preschool Playtime, 10:15am, Bethel Branch Eugene Public Library, 1990 Echo Hollow Rd.

Kids' Comic Book Club, 2-3pm, Books w/ Pictures Eugene, 296 E. 5th Ave. ste. 224.

Sensory Playtime, 4:30pm, Downtown Eugene Public Library.

Lectures/Classes

Hablemos Español: Spanish Conversation, 4pm, Downtown Eugene Public Library.

Nerd Nite, 7pm, Drop Bear Brewery, 2690 Willamette.

Markets

Thursday Night Markets, 5-9pm, Farmers Market Pavilion, 85 E. 8th Ave.

Nightlife

Cat Bingo Night, 5:30pm, Eugene-Spfd. Cat Lounge,

537 W. Centennial Blvd., Spfd. \$25.

The Office Trivia w/ Geo, 6:15pm, PublicHouse, 418 A St., Spfd.

Trivia w/ Brett, 6:30-8:30pm, Viking Brewing West, 520 Commercial St., ste. F.

Bingo, 7pm, Twisted Duck Pub, 529 W. Centennial Blvd., Spfd.

Bingo w/ Jen Jay, 7-9pm, Wetland Brew Pub, 922 Garfield St.

Trivia, 7pm, Gratitude Brewing, 540 E. 8th Ave.

Karaoke w/ Crystal, 8pm, Happy Hours, 645 River Rd.

Karaoke, 8:30pm-12:30am, The Barn Light, 924 Willamette.

Outdoors/Recreation

Gentle Chair Yoga w/ Clark Stacer, noon-1pm, St. Thomas Episcopal Fellowship Hall, 1465 Coburg Rd.

Thrifty Thursday Tee Times, 5pm, PLAY Eugene, 232 W. 5th St. \$50.

Social Dance

Latin Dancing, 7-10pm, Claim 52 Brewing, 232 Lincoln St. \$5.

Spiritual

Higher Self Meditation, 5-5:30pm, Online, visit SpiritualArts.org for more information.

Refuge Recovery, 5:30-7pm, Sacred Connections Community Church, 810 W. 3rd Ave.

Theater

The Tempest, 7:30pm, Cottage Theatre, 700 Village Dr., Cottage Grove. \$15-29.

Add your event to Eugene Weekly's What's Happening Calendar for free at EugeneWeekly.com. Email Cal@EugeneWeekly.com with questions or call 541-484-0519.

Music Listings

THURSDAY AUG. 14

BEERGARDEN Dylan Crawford (folk) — 7pm.

VENETA CITY PARK AMPHITHEATER Music in the Park — 7pm.

EMERALD PARK Bad Reputation (country) — 6:30pm.

KESEY SQUARE Peter Wilde Band (Americana) — noon.

LUCKEY'S CLUB Funk Night Eugene — 9pm.

MAC'S RESTAURANT & NIGHTCLUB The Big Sue Band (swing) — 7pm.

MCKENZIE GENERAL STORE & OBSIDIAN GRILL Belltower (bluegrass) — 6pm.

PLAY EUGENE Records w/ DJ Jon Smith — 8pm.

PUBLICHOUSE Chora Na Cozhina (jazz) — 7pm.

SPRINGFIELD EAGLES LODGE NO. 3597 Thursday Night Jam — midnight.

TALLMAN BREWING Open Mic Night — 5:30pm.

TERRITORIAL VINEYARDS & WINE COMPANY Gerry Rempel Trio (jazz) — 6pm.

THE SHEDD OFAM: All The Things You Are: Interpreting Jerome Kern — 1:30pm.

THE SHEDD OFAM: Something Cool: June Christy & Peggy Lee — 7:30pm.

FRIDAY AUG. 15

DROP BEAR BREWERY Outlandish D'Amour (The Police covers)— 7pm.

EUGENE SCIENCE CENTER Friday Laser Shows — 7pm. \$3.75-7.50

GRATITUDE BREWING Acoustic Flood (Missoula Flood) — 7:30pm.

KESEY SQUARE Dennis Smith & The Hillbilly Fools (Americana) — noon.

LAUGHING CRAB EastSide AllStars (horns) — 6pm.

PLAY EUGENE Soul Sessions — 8pm.

SAGINAW VINEYARD Coupe De Ville (classic rock) — 6pm.

SAM BOND'S Marshall Falcon & Opie Hendrix (Americana) — 9pm. \$15

SARVER WINERY Corwin Bolt & The Wingnuts (bluegrass) — 5:30pm.

TERRITORIAL VINEYARDS & WINE COMPANY Henry Cooper Band (swampy-tonk) — 6pm.

THE EMBERS Survivors (classic rock) — 8pm.

THE GARDEN ON FRIENDLY BongoLatte (jazz) — 7:30pm.

THE JAZZ STATION Brooks Robertson — 7:30pm. \$30

PUBLICHOUSE Mariachi Cuervo — 6pm.

PUBLICHOUSE De Solution Band (Zimbabwe) — 7:30pm.

THE SHEDD OFAM: And Life Is Like A Song: Interpreting Harry Warren — 7:30pm.

THE SHEDD OFAM: It's Not The Pale Moon: Hoagie Carmichael — 1:30pm.

TSUNAMI BOOKS Crying Uncle Bluegrass Band & Young Phenoms — 7:30pm. \$18.50

SATURDAY AUG. 16

16 TONS CAFE Hank Shreve Band (blues) — 6pm.

ARABLE BREWING COMPANY Trouble In Kind (country) — 6pm.

BEERGARDEN The Loose End (bluegrass) — 7:30pm.

DROP BEAR BREWERY The Jazz Symbiosis Trio — 7pm.

GRATITUDE BREWING Greg Nestler Trio (blues) — 7:30pm.

HOUSTOOTH PUBLIC HOUSE Walker T Ryan (blues) — 7pm.

LAUGHING CRAB Bongo-Latte (jazz) — 6pm.

MCKENZIE GENERAL STORE & OBSIDIAN GRILL Cheatgrass (bluegrass) — 6pm.

MOON ROCK RECORDS Happy Death Men w/ Old City & The Burrow (psych punk) — 7:30pm. \$10

PUBLICHOUSE Ricardo Cardenas (guitar) — 5pm.

PUBLICHOUSE Men From Surf (surf rock) — 7:30pm.

SAM BOND'S Fern Spores & Flying Caravan & Slippy & The Sheets (indie) — 9pm. \$10

SARVER WINERY The Yard Dogs (classic rock) — 3pm.

TALLMAN BREWING Let it Roll (classic rock) — 5pm.

TERRITORIAL VINEYARDS & WINE COMPANY Dubious Rubes (Americana) — 6pm.

THE EMBERS Survivors (classic rock) — 8pm.

THE JAZZ STATION Stories & Melodies w/ Calvin Orlando Smith — 7 & 9pm. \$25

THE MONKEY'S PAW Blessed Relief Jazz Trio w/ Jenny Moriarty Scheller — 8pm.

THE PATIO OASIS Boxcar Figaro (American music) — 6pm.

THE SHEDD OFAM: My Baby Just Cares For Me: Classic Female Vocal Stylists — 1:30pm.

THE SHEDD OFAM: West End Blues: Classic Jazz Covers — 7:30pm.

WHIRLED PIES Alder Brooke: Pop Tha Trunk (hip-hop) — 9pm. \$25-30

SUNDAY AUG. 17

GRATITUDE BREWING Open Mic — 4pm.

LAVELLE VINEYARDS Riffle (blues rock) — 1pm. \$5

THE CUTHBERT AMPHITHEATER ZZ Top (southern rock) — 6:30pm. \$49-349

THE JAZZ STATION Brooks Robertson — 3pm. \$30

PUBLICHOUSE LoGee (New Orleans soul) — 3:30pm.

PUBLICHOUSE Open Mic w/ Amblin — 5:30pm.

MONDAY AUG. 18

BEERGARDEN Bluegrass Jam w/ Belltower — 6pm.



AUG. 15-17, 22-24

Pegasus Playhouse's turn. On August 15, Pegasus in downtown Springfield begins a six-performance run of *Midsummer, A Musical*. It is an original production scored by Scott Frazier-Maskiell, director and Pegasus founder. It's guaranteed to be the only Shakespeare-related production locally with a '90s mixtape of folk rock and a live band to carry the tunes. Frazier-Maskiell also notes that this musical subtly and reverently explores queer lifestyles, not unlike the hit TV sitcom *Schitt's Creek*, which ran from 2015 to 2020. "We're just trying to show the world as it should be," Frazier-Maskiell says. Pegasus Playhouse opened in 2019 and has been working with children and adults alike in camps and productions. Of *Midsummer, A Musical's* 13-member adult cast, Frazier-Maskiell says, "It's almost been like adult summer camp. It's been a terrific experience." — Dan Buckwalter

Midsummer, A Musical is 7 pm Friday and Saturday August 15, 16, and 22, 23 and 6 pm Sunday August 17 and 24 at Pegasus Playhouse, 402 Main Street, Springfield. Tickets \$17 to \$25 at PegasusPlayHouse.com.

HAPPY HOURS Open Mic — 8pm.

HOUSTOOTH PUBLIC HOUSE Houndstooth Open Mic Monday — 6:30pm.

TUESDAY AUG. 19

HAPPY HOURS Rich Fisher (Americana) — 6:30pm.

MAC'S RESTAURANT & NIGHTCLUB Rooster's Blues Jam — 6pm.

TWISTED DUCK PUB Twisted Karaoke & Tacos — 8pm.

WEDNESDAY AUG. 20

LOCAL LOSERS LOUNGE Stone Hart (rock) — 6pm.

MULLIGAN'S PUB Open Mic — 8:30pm.

THE CUTHBERT AMPHITHEATER "Weird Al" Yankovic (parody) — 7pm.

THE HYBRID Open Mic — 8pm. \$5

PUBLICHOUSE Justin Howl (singer-songwriter) — 7pm.

TWISTED DUCK Wednesday Night Blues Jam — 7pm.

THURSDAY AUG. 21

BEERGARDEN The Jerryatics (psych rock) — 7pm.

FARMERS MARKET PAVILION Salsa Pacifica — 6pm.

LUCKEY'S CLUB Funk Night Eugene — 9pm.

MCKENZIE GENERAL STORE & OBSIDIAN GRILL Joanne Broh Trio (blues) — 6pm.

ARTS

2025 SLUG QUEEN HILARIA GASTROGHOME (JEN JAY) CELEBRATES HER VICTORY.
Photo by Eve Weston



2025 SLUG Queen Hilaria Gastrognome was crowned at the annual coronation August 8

BY SAVANNAH BROWN

The birds are chirping, the wind is blowing and the sun is sliming. That can only mean one thing: The newest SLUG queen has been given her mossy crown.

On August 8, after a rigorously slug-gish beauty pageant, Eugene comedian and local celebrity Jen Jay — aka, Hilaria Gastrognome, but her friends call her Larry — was crowned as the latest monarch of the Society for the Legitimization of Ubiquitous Gastropods. Absolutely dripping pink head-to-toe, her first message as Queen is: “Ooze the change you want to

see in the world. And take gnome mercy!”

The SLUG queen beauty pageant is one of the things that makes Eugene exactly what it is: a cultural hub of hippie ridiculousness. Miss America, Miss Universe and Miss World can all go to sleep, because our little city hosts this pageant to find the slimiest slug to act as the “unofficial goodwill ambassador of Eugene,” to appear at tons of Eugene events and work with the nonprofit of their choice.

During her one year SLUG queen “rain,” Larry will be working closely with the nonprofit Community Outreach through Radical Empowerment, or CORE, which seeks to serve youth ages 16-29 who are in need. “It’s a cause that’s near and dear to my heart,” she says.

Originating in 1983 in an act of rebellion towards the decidedly bland idea of the annual Eugene Celebration instead of a SlugFest, the SLUG queen pageant has become a Eugene institution. Every year, people of all kinds work tirelessly to develop their “slugsonas,” complete with an elaborate costume, gimmick and a name.

They then compete in a series of competitions similar to a beauty pageant, and the winner is chosen by a selection of the old queens (because you never stop being a SLUG queen. After your one year “rain” as queen, you become an old Queen, and eventually, a very old queen...and then a very very old queen and so on).

This year’s pageant had all the slimy oozing quirks to be expected. With seven total competitors, Larry had very stiff (well, soft-bodied) competition. The first part of the pageant is the introductions, and each and every one swirled and twirled for the audience in all of their slithering glamor.

Then there is the talent portion. Larry started off the evening with her comedic stylings. “I think slugs are responsible for all of the snow plow racket around here. That’s why they don’t salt the roads!” Afterward, Caffeinata Nosharella (aka Ellen Singer), donning a gorgeous handmade dress of Folgers labels (and a matching mug-shaped hat to boot), blessed the crowd with a coffee-themed parody medley, starting off with “Don’t worry, drink coffee.”

There was an interactive song from Marcel Slugasso (Peter Almeida), a dramatic re-enactment of Isadora Douglas’ death from Incontentia PlasterSlug (Joi Cardinal), while Jelly Lady (Tina Matula) simply gave the judges her homemade raspberry tarts and a jar of homemade jelly. That last one is a perfectly legal move, by the way. Bribery is heavily encouraged. For instance, Wannabe SLUG Queen Drag King Luke N. GOO’d bribed all of the old queens with a crisp handshake, while Larry gifted each judge with a hand-painted snail and two tickets to one of her comedy shows.

Goo’d, who is performed by Eugene Drag King Luke N. Good, who is, in turn,

performed by Sarah Majercin, was the pageant’s first runner-up. He stole the show with his fantastic lip-sync of a famed Tumblr song about the forbidden love between a slug and a snail. The song was aptly titled “Take me to Snurch.”

“It’s really cool chatting with all the other queens and seeing this whole community,” GOO’d says. “I feel really good about this competition, and Jen Jay is a hilarious comedian.” But next year, GOO’d promises that his act will be bigger and better because “I’m coming for the crown.”

After the talent portion is the question round, where old queens ask each of the wannabe queens very crucial questions about the state of the world. This led to Larry saying that with her selenite wand she would manifest “equality among humans and warm moss for every slug,” GOO’d revealing that his dream slug superhero is “Pedro Molluskal.”

This pageant also marked the end of

current Queen Sitara Titanium Slugshine’s rain. Slugshine — aka, Joanie Kent — gave a powerful send-off and paid homage to her scoliosis by doing a dance dressed as a skeleton.

During her rain she had many accomplishments. “I went all around Eugene and Lane County. I did the Ceilie Irish Dance. I did the Bark in the Park with my little disabled dog, and I raised \$222 for the Scoliosis Research Society,” she says. “I had the most slimetastic time.”

As for Larry, she says that during her campaign “I spent a lot of time thinking about goodwill, and that was my favorite part.” Now that the crown is hers, “I’m so happy to be queen. I can’t wait to highlight social justice causes and spread goodwill.”

Find out more about SLUG queens at SlugQueen.com.

‘It’s really cool chatting with all the other queens and seeing this whole community.’

— LUKE N. GOO’D, WANNABE SLUG QUEEN

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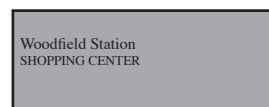
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ARTS

MIRANDA (SERENE ZAMORA, ASLEEP ON SAND), PROSPERO (TRACY BROUS), ARIEL (DARCY RUST)

Photos by Matt Emrich

OLD AGE MAGIC

Cottage Theatre brings Shakespeare's last play to the stage, with variations

BY BOB KEEFER

Tony Rust must be a magician. What else could explain the eerie and wonderful magic that fills the stage in a new production he directed and designed of Shakespeare's *The Tempest* that opened Friday, August 8, at Cottage Theatre?

The Tempest is a challenging oddball

amid the Bard's canon of 39 plays. Neither tragedy nor comedy, it has led scholars to devise a completely separate category, "romance," which it inhabits along with three other difficult-to-pigeonhole shows (*Pericles, Prince of Tyre*; *Cymbeline*; and *The Winter's Tale*). It's also thought to be the last play Shakespeare wrote on his own, opening just five years before his death in 1616.

All four "romantic" plays are about magic. In *The Tempest*, Prospero, an elderly magician and rightful head of a dukedom, has been marooned for 12 years on a desert island along with his daughter, Miranda, when a storm — whipped up by Prospero's magic — drives a ship to wreck on the shore. It's carrying Prospero's brother Antonio, who had been responsible for stranding them on the island through a political intrigue to deny

Prospero his dukedom.

Rust's production takes a number of engaging approaches to the traditional story.

First, and most obvious, is casting Prospero as a woman. Tracy Brous, in her 28th appearance on stage at Cottage Theatre, gives the role a confident, slightly understated character, one in which she faces not only the sudden appearance of the evil Antonio and his retinue but also the implied sexism that would surround a woman in charge. The gender change subtly alters Prospero's relationship with Miranda, her daughter, who has come of age without ever seeing more than one man in her life. Miranda is played nimbly by Serene Zamora, a Cottage Theatre veteran now enjoying her first Shakespeare role.

Perhaps the most unusual addition to the production is the use of supertitles;

the text of the actors' dialogue is projected above the players, helping us mere mortals in the audience keep up with the archaic and sometimes confusing 400-year-old Elizabethan language. While supertitles are common in opera, even when performed in English, I've never seen them used in a performance of Shakespeare. It was great to be able to catch every single word, but it also meant the audience was tipped to every single stumble the actors made in delivering their lines, and there were more than a few. And a couple times an actor suddenly looked up to find that next line.

Rust is one of the few directors out there who designs his own shows, and he's good at it. The desert island in *Tempest* consists of a large pile of sand — yes, real sand — on which the actors perform. A fabric curtain serves as the doomed ship's sail in the opening violent storm, and in calmer scenes as a simple backdrop.

The cast of *Tempest* is large for a community theater, with 13 named roles all played by different actors. Everyone's pretty good, but a couple of supporting players deserve a shoutout.

Martin Fogarty, in his debut at Cottage Theatre, is perfectly creepy as the monstrous, half-human slave Caliban, one of Shakespeare's great and unforgettable characters.

And as a lithe complement to Caliban's beast, Darcy Rust, Tony Rust's daughter, brings sparkling life to Ariel, a fairy-like spirit of uncertain gender who is pledged to help Prospero; Ariel was saved by the magician from imprisonment in a tree by Caliban's mother, Sycorax, a vicious witch on the island.

Under Rust's direction, the action moves smoothly and quickly throughout the show's two and a quarter hour run time (there is one intermission), and I found myself wanting even more when the core romance of this romance play was finally resolved.

The Tempest runs through August 24 at Cottage Theatre, 700 Village Drive, Cottage Grove. Shows are 7:30 pm Thursdays, Fridays and Saturdays and 2:30 pm Sundays. Tickets and more info at CottageTheatre.org.

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ARTS

MUSICAL MEMORIES

Classical musician Amy Adams works a different musical genre **BY BOB KEEFER**

At least once a week, and usually more often than that, Eugene chorister Amy Adams sings for a special audience. Some listen from sofas. Others recline in wheelchairs. A few dance up and down the hallway, lost in their own worlds. Some aren't quite sure where they are.

"This is a very particular kind of floor show," she says. "It requires a lot of energy."

Adams is one of several local musicians in The Shedd Institute for the Arts' Unforgettable program, which brings sing-along music to memory care facilities around town. She has been performing since 2015, with a COVID break in 2020-21, playing piano and belting out everything from American Songbook standards and classic Johnny Cash to slightly more-contemporary numbers. "Contemporary" here means John Denver, Olivia Newton-John and Linda Ronstadt.

"It doesn't have to be American Songbook from the '30s and '40s. It turns out the '70s were 50 years ago!" she says.

Adams' musical experience has largely been in more formal settings. She has sung with the Oregon Bach Festival's Berwick Chorus and with Eugene Opera, and was for years the manager of the Eugene Symphony Chorus.

But sitting at the keyboard of an upright piano, in a room with a few dozen elderly dementia patients and their caregivers, Adams finds energy and engagement on a much more visceral level. "You get feet moving up and down," she says. "I play toe-tapping Americana — 'The Grand Old Flag,' 'Yankee Doodle Dandy.' Anything that will get toes tapping."

Sometimes, she says, the energy level gets a little too high, at which point she might launch into a quieting hymn such as "Amazing Grace." One enthusiastic listener believed he was in church when she started playing hymns. "We've been coming here for years," he told her after the performance. "We appreciate so much what you do."

There are other challenges. "A resident came lumbering up to sit with me on the piano bench and sing," she says. "He wasn't verbal." The staff looked at her to see if she needed help. "I made room for him." She shrugged it off and continued to play. The man was enthralled. "On hymns he was singing the chorus. And then he had a tear run down his cheek. That did it for me."

Sometimes people get up and dance. The caregivers watch carefully to prevent falls. At least one time, a couple doing the two-step was interrupted by another resident who was jealous of the other man's attention to his girlfriend.

"It can be an emotionally exhausting way to spend time," Adams says. "It's vocally tiring. It's important to know a lot of songs — and to make eye contact. You read the audience. And sometimes you play a song that isn't reaching anyone." At that point she may shift gears quickly, taking people back to their earliest childhood memories with such children's songs as "Alouette" and "Frère Jacques."

The exact music she plays doesn't matter to Adams as much as the effects that it has on her listeners. "It's about being together and hearing a crowd laugh," she says. And if a song doesn't work? "It's over in a few minutes."

CHOW



Innovating and authentic, paired with impeccable service, Kai Asian Street Food fills the city with its style

BY CORIN ANTONIO

From the deep south of Hat Yai, Thailand, to Eugene's Van Buren Street, the tree-shaded food cart immediately began growing in the community after opening in 2019. The Kai Asian Street Food cart delights new audiences with its powerful flavor.

Owners Keith Kitchakan and Nathan Pongtuch focus on curating flavors with dishes traditional to their hometown. The goal for customers is to "experience the flavor of Thailand without having to travel across the world," Pongtuch says, with flavors stemming from the vibrant streets of Hat Yai. Each dish is filled with a tasting experience intended to lead you to where the flavors originated.

The popular dish, Hat Yai fried chicken, is a signature dish named after the city itself. "We try to make it our own — our menu is not like everyone else's. We create something that others don't have," Kitchakan says. "Feeding people is like feeding our family."

Kai Asian Street Food's other signature dishes, chicken pad Thai and tonkotsu ramen, end each bite with a craving for more. When asked what the owners' choice is, "Of course, the Hat Yai fried chicken," Kitchakan says. His culinary connection to his home drives his inspirations.

Leilani Nguyen, an avid customer of Kai Asian Street Food, describes her tasting experience: "The best pad Thai I've ever had. The creamy texture of the sauce-covered noodles is unique to Kai's." She adds, "I've had a difficult time finding spicy pad Thai and they do it the best, must try."

The notable food cart scene in Portland inspired

Kitchakan and Pongtuch to create their own culinary experience. And after spending almost 10 years working in Thai and Japanese restaurants in Florida, Kitchakan came to visit a friend, falling in love with Eugene. His passion for food and the new city inspired him to open his food cart.

"When I came to visit Eugene, the people opened my eyes. They're very supportive, even in a smaller city," he says.

The connection to the community drives the cart's success. Kitchakan greets each customer and fulfills each order, while Chef Pongtuch brings the flavor to life — doing what they love while serving the people who support them. Giving people the opportunity to experience a piece of traditional Thai food allows a piece of home to stay with them, and feeding the community is a service. To them, it's an opportunity to give people something to smile about.

"People tell me we are very special," Kitchakan says. "It means a lot to us." The rising support since they've opened, throughout the pandemic and after, has motivated them to grow with the community and solidify themselves as a long-term neighborhood staple.

"We're happy to make food for people, I think people can taste it," he says.

Maintaining the food cart's high food quality is its top priority. Experimenting and expanding the specials menu with creative dishes like chicken bulgogi (ground chicken with spicy Korean sauce) and cha shu buns (a steamed bun with pork filling) keeps customers coming back for something new.

The growing food fusion trend prompted Kitchakan to develop new dishes with his technique. Pew Research found that 71 percent of Asian restaurants in the U.S. serve Chinese, Japanese or Thai food. Kitchakan developed an intimate connection with Asian flavors.

"I spent almost 10 years working in Thai and Japanese restaurants," he says. "I adapt and experiment with flavors. Our tonkotsu ramen is made with Thai ingredients, although considered a ramen."

Ingredient sourcing is vital to the success of any food cart. Without key flavors, vibrant spices and important ingredients, the food quality drops. The food cart schedule is built to support access to key ingredients, serving items as available. Food identity holds value, cooking is an art, and it represents the artist.

"I cook with passion, it's my art," Pongtuch says.

Seasonal ingredients emerge as they appear in nature. Sourcing across Oregon opens an opportunity to serve quality ingredients year-round. Outsourcing specific spices is difficult for a food cart, but connections in Thailand allow them to serve unique ingredients. The exclusive drink, butterfly pea flower tea, comes directly from Thailand.

With vast food and drink options, there's something for everyone, including small appetizers, perfect for sharing with others, and sweet, tangy mango sticky rice for dessert.

Kai Asian Street Food is at 267 Van Buren Street. Open 11 am to 8 pm on weekdays and noon to 8 pm on Saturday and Sunday. Closed on Tuesdays.

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GARDENING

BLOOMING BEES

Cultivate native pollinators in your garden

BY KIM KELLY AND CYNTHIA LAFFERTY

This month, Cynthia Lafferty, owner of Doak Creek Native Plant Nursery, emphasizes the importance of native pollinators in our gardens. They need our help. Over the 17 years we have lived in Eugene, I have switched from the big, old and beautiful of plants to the easy-keeping, beneficial native ones. They are still beautiful, but more diverse and can do better in a changing climate. Plus, they attract native pollinators and many bird species.

CREATING HABITAT FOR POLLINATORS

Greetings, fellow plant lovers. If you are able to visit our mountain meadows, you will see a succession of flowers blooming spring through fall — all abuzz with bumblebees, tiny pollinator bees, butter-

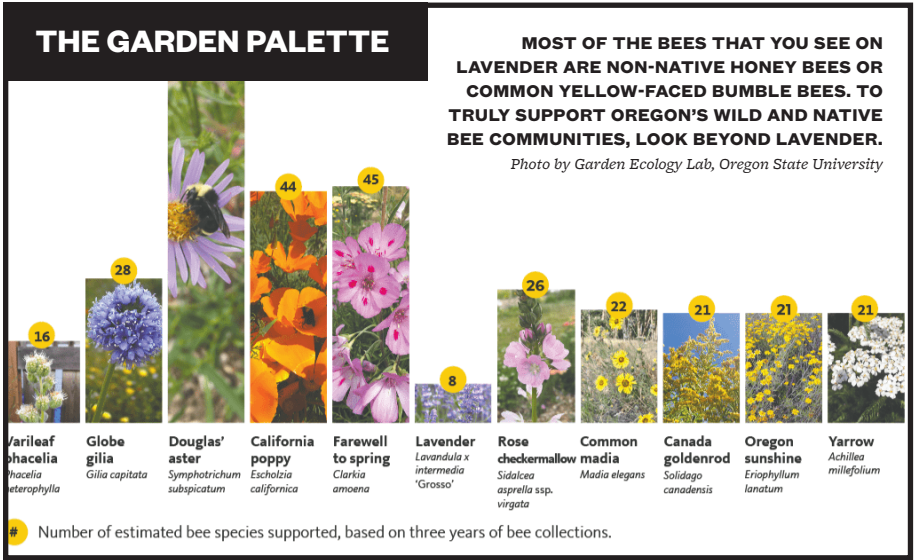
flies and birds. How can we create this wonderful habitat in our yards? Here are three pointers to help get you started.

1. Plant with 60 percent or more of native plants from our eco-region. While many bumblebees, smaller bees and butterflies will sip nectar on non-native flowers, over 90 percent of our insects rely on native plants for their life cycle. Many butterflies and moths are species-specific and will die without their critical plants.

2. Plant canopy layers in your yard to expand habitat. Taller and shorter trees make up the upper canopy, mid canopies are created by taller shrubs of varying heights and lower canopies are made up of small shrubs, flowers, grasses and ground covers. If you have room, an Oregon white oak supports more than 500 different species of wildlife.

For smaller yards, cascara grows 25 feet tall; its little yellow flowers are a magnet for bees and the dark late-summer berries are relished by 40 different birds. Mid-canopy shrubs of different heights like twinberry, mock Orange and Pacific ninebark offer both flowers for pollinators and berries for birds. Some great low-canopy shrubs include salal and snowberry.

3. Use succession planting so there will be continuous blooms for pollinators. For example, a collection of plants in a sunny garden could include checkermallow, lupine, milkweed, yarrow, goldenrod, fireweed, pearly everlasting and Douglas aster. This group of drought-tolerant plants will ensure constant flowers from spring through fall. For best results, cluster plants in groups of three to five at the



back of a flowerbed or below the shrubs in a pollinator hedgerow.

Note: Douglas aster is listed as the highest western Oregon fall pollinator plant by Oregon State University, supporting 74 species of native bees — compared to lavender, which only supports eight species of native bees. For creating habitat for both birds and pollinators in your yard, include the widest possible range of flowers, heights, and types of plants. A great resource is the Habitat Haven Backyard Certification program (LaneAudubon.org/habitat-haven).

“Oregon’s pollinators need our help,” Environment Oregon State Director Celeste Meiffren-Swango said in a recent press release on June’s National Pollinator Week. “But so far, our state leaders haven’t taken much concrete action to build up their habitat or protect them from deadly pesticides.”

She added, “Twelve U.S. states have restricted the sale of bee-killing pesticides called neonicotinoids (neonics). Oregon had a chance to join that group in its 2025 legislative session, but a bill to restrict neonic usage didn’t pass out of committee.”

She goes on: “Inhospitable environments created by human activities, such as the elimination of native flowering plants used for foraging and habitat used for nesting, distinctly threaten pollinator species.”

Concerned? Let your state representative know as they are the ones who can legislate against neonics. Oh, and plant natives when possible.

The Garden Palette is a monthly column coordinated by Kim Kelly. Writers include longtime EW garden columnist Rachel Foster, Master Gardener John Fischer, arborist Alby Thoemsin and Cynthia Lafferty of Doak Creek Native Plant Nursery. Have a gardening question or tip? Email Gardening@EugeneWeekly.com.

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SAVAGE Love Zone Police

BY DAN SAVAGE

I'm a middle-aged poly woman, and until recently, I was dating a poly guy. Lots of people think poly people can't cheat buuuuut, early on, this guy disclosed to me that he told his wife he would always use condoms with other people. I now know that he doesn't always do that. I mean we had been using condoms, and then after a night where he pressured me repeatedly to go raw with him, he made this confession. Esther Perel says that if you cheat, you should stop, and it's not necessary to tell your partner — indeed, it can be a bit of an act of love not to tell your partner. But this feels different, as it represents more than 10 years of lying to his wife about his sexual health and the risk he's exposing her to. I kind of want to tell his wife and others in the ENM community where we live. That said, I don't want to destroy his family, his kids and his life. I still have some level of compassion for all involved. What's the ethical thing to do here? What would you do?

— Seriously Torn Inside

You could say something, STI, or you could let chlamydia do the talking.

Zooming out for a second: If the man you've been seeing is the kind of "poly" guy who lies to his wife about using condoms with other partners... and he's been lying to her about this stuff for a decade... odds are good he's already given his wife a sexually transmitted infection at some point. Which means their marriage has already survived the bomb you're thinking about dropping. So, whether his wife finds out from you ("there's something you need to know") or she finds out from her doctor ("you tested positive for chlamydia again"), their marriage will most likely survive. This argues for telling if you feel like you should — and I would run and tell if I were in your shoes — but it also argues against feeling awful if you can't bring yourself to make that call. Because sooner or later, STI, he'll tell on himself.

P.S. One of the reasons people create "communities" around ENM or kink is to establish community norms around safety, honesty and accountability. If friends in your ENM community aren't safe with this man, you should let them know. If it gets back to his wife, so be it.

Got problems? Yes, you do! Email your question for the column to mailbox@savage.love! Or record your question for The Savage Lovecast at savage.love/askdan! Podcasts, columns and more at Savage.Love

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PERSONALS

I Saw You

Think you've been seen? Contact Eugene Weekly at 541-484-0519, or classy@eugeneweekly.com

Shepard, I gave you directions to REI then I ran into you there 15 minutes later. We talked for a good long time while I stood in line and you said you make maps. You corrected me on the pronunciation of "topograph. Naughty naughty...mustn't do that! Should we have exchanged numbers?

BULLETIN BOARD

Announcements

The Kiwanis Berry Sale starts 6/1/2025 Order your frozen berries and pies online at: www.eekiwanis.org

Groups

We have space for your meet up! Attention Seniors: Do you have a group looking for a meet up space? Sheldon Oaks is the place to host your group! We are opening up our community spaces to the greater community of Eugene. Whether it is a support group, pilates group, city affiliated groups, organiza-

tions, etc. This is a FREE Space for you to take advantage of. Email: Ruth.Tracey@holidayseniorliving.com or call Ruth Tracey at 541-341-3700 for more information.

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LEGAL NOTICES

Notice is hereby given that Tami S.P. Beach has been appointed and has qualified as the personal representative of the Estate of Darrell Melvin Whitsell, deceased, in Lane County Circuit Court Case No. 25PB06740. All persons having claims against the estate are hereby required to present their claims, with proper vouchers, within four months after the date of the publication of this notice, as stated below to the personal representative c/o Tami S.P. Beach, 440 E. Broadway, Suite 160B, Eugene, OR 97401, or the claims may be barred. All persons whose rights may be affected by the proceedings in this estate may obtain additional information from the records of the court, the personal representative, or the attorney for the personal representative. Date of first publication: August 14th, 2025. ATTORNEY/PERSONAL REPRESENTATIVE: Tami S.P. Beach 440 E. Broadway, Suite 160B, Eugene, OR 97401

NOTICE TO INTERESTED PERSONS ESTATE OF PAULA MERTZ LANE COUNTY CIRCUIT COURT CASE NO. 25PB06827. NOTICE TO INTERESTED PERSONS ESTATE OF PAULA MERTZ, LANE COUNTY CIRCUIT COURT CASE NO. 25PB06827. NOTICE IS HEREBY GIVEN that Robert Logan Mertz has been appointed personal representative. All persons having claims against the estate are required to present them, with written evidence thereof attached, to the personal representative, c/o Mark M. Williams, Attorney at Law, 180 West Sixth Avenue, Junction City, Oregon 97448. All persons having claims against the estate are required to present them within four months after the date of first publication of this notice to the Personal Representative at the address stated above for the presentation of claims or such claims may be barred. All persons whose rights may be affected by these proceedings may obtain additional information from the records of the Court or the Personal Representative, named above. Dated and first published August 14th, 2025. Personal Representative: Robert Logan Mertz c/o Mark M. Williams, OSB#821404 180 West Sixth Avenue Junction City, Oregon 97448

NOTICE TO INTERESTED PERSONS: B.R.B. v. LUCAS JAMES SWEENEY, LANE COUNTY CIRCUIT COURT CASE NO. 24SK00312. NOTICE IS HEREBY GIVEN that a remote hearing is scheduled for September 17, 2025 at 11:00 a.m. in the matter. A permanent order may be entered against an interested party that fails to attend. Parties should contact the court for more information.

TRUSTEE'S NOTICE OF SALE The Trustee under the terms of the Trust Deed described herein, at the direction of the Beneficiary, hereby elects to sell the property described in the Trust Deed to satisfy the obligations secured thereby. Pursuant to ORS 86.771, the following

information is provided: 1. PARTIES: Grantor: RALPH BRADLEY. Trustee: STEWART TITLE INSURANCE COMPANY OF OREGON. Successor Trustee: NANCY K. CARY. Beneficiary: WASHINGTON FEDERAL BANK FKA WASHINGTON FEDERAL SAVINGS. 2. DESCRIPTION OF PROPERTY: The real property is described as follows: Lot 4, Block 4, PLAT OF ELIAS STEWART ADDITION, as platted and recorded in Book 2, Page 29, Lane County Oregon Plat Records, in Lane County, Oregon. 3. RECORDING. The Trust Deed was recorded as follows: Date Recorded: April 30, 2003 Recording No. 2003-038291 Official Records of Lane County, Oregon. 4. DEFAULT. The Grantor or any other person obligated on the Trust Deed and Promissory Note secured thereby is in default and the Beneficiary seeks to foreclose the Trust Deed for failure to pay: Monthly payments in the amount of \$2,578.56 each, due the first of each month, for the months of December 2024 through January 2025; plus monthly payments at the new payment amount of \$2,442.98 each, due the first of each month, for the months of February 2025 through May 2025; plus late charges and advances; plus any unpaid real property taxes or liens, plus interest. 5. AMOUNT DUE. The amount due on the Note which is secured by the Trust Deed referred to herein is: Principal balance in the amount of \$159,824.71; plus interest at the rate of 6.75% per annum from November 1, 2024; plus late charges of \$817.20; plus advances and foreclosure attorney fees and costs. 6. SALE OF PROPERTY. The Trustee hereby states that the property will be sold to satisfy the obligations secured by the Trust Deed. A Trustee's Notice of Default and Election to Sell Under Terms of Trust Deed has been recorded in the Official Records of Lane County, Oregon. 7. TIME OF SALE. Date: October 23, 2025. Time: 11:00 a.m. Place: Lane County Courthouse, Front Entrance, Inside by Security, 125 E. 8th Avenue, Eugene, Oregon 97401. 8. RIGHT TO REINSTATE. Any person named in ORS 86.778 has the right, at any time that is not later than five days before the Trustee conducts the sale, to have this foreclosure dismissed and the Trust Deed reinstated by payment to the Beneficiary of the entire amount then due, other than such portion of the principal as would not then be due had no default occurred, by curing any other default that is capable of being cured by tendering the performance required under the obligation or Trust Deed and by paying all costs and expenses actually incurred in enforcing the obligation and Trust Deed, together with the trustee's and attorney's fees not exceeding the amount provided in ORS 86.778. NOTICE REGARDING POTENTIAL HAZARDS. (This notice is required for notices of sale sent on or after January 1, 2015.) Without limiting the trustee's disclaimer of representations or warranties, Oregon law requires the trustee to state in this notice that some residential property sold at a trustee's sale may have been used in manufacturing methamphetamines, the chemical components of which are known to be toxic. Prospective purchasers of residential property should be aware of this potential danger before deciding to place a bid for this property at the trustee's sale. You may reach the Oregon State Bar's Lawyer Referral Service at 503-684-3763 or toll-free in Oregon at 800-452-7636 or you may visit its website at: www.osbar.org. Legal assistance may be available if you have a low income and meet federal poverty guidelines. For more information and a directory of legal aid programs, go to <http://www.oregonlawhelp.org>. Any questions regarding this matter should be directed to Lisa Summers, Paralegal, (541) 686-0344 (TS #15148.31188). DATED: May 28, 2025. Nancy K. Cary, Successor Trustee, Hersher Hunter, LLP, P.O. Box 1475, Eugene, OR 97440.

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Jonesin' Crossword

BY MATT JONES

“A Little Outside”—four notable characters.

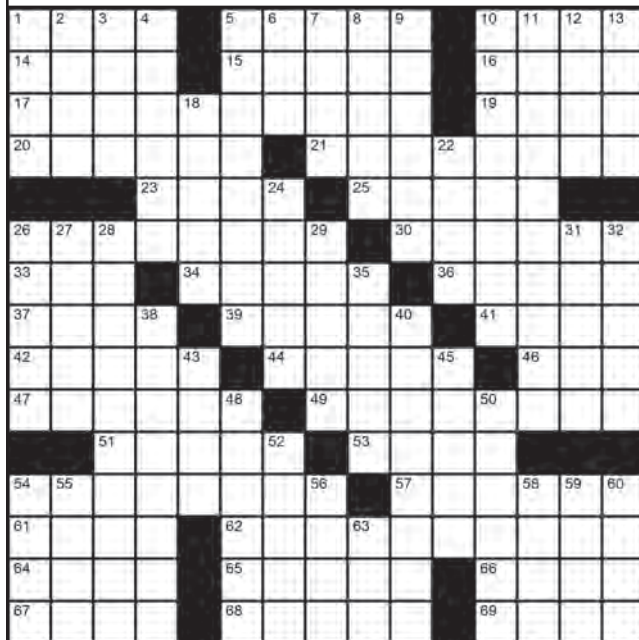
Across

- Johnny formerly of The Smiths
- “Straight Outta Compton” costar ___ Jackson Jr.
- Pop group with 40 years between albums “The Visitors” and “Voyage”
- ___ d’amore (Baroque instrument)
- “Matilda” author Dahl
- It’s a square number in German
- Began eagerly
- Knitting festival material
- He played opposite Burton in “Becket”
- Go head-to-head
- “Dear” group
- Night in Madrid
- Like some relationships
- New Orleans pro team
- “___-Pah-Pah” (“Oliver!” tune)

- ___ de Torquemada (Spanish Inquisition leader)
- Feedback
- Short cut
- “Little” literary characters that can be found on the outside of the four longest answers
- “Young Frankenstein” actress Teri
- Kickoff
- Middle East desert region
- “We’ll say later,” on a schedule
- Mudslide liqueur
- Subject of an upcoming cancellation, with “The”
- Capital of Guadeloupe, ___-Terre (literally, “low land”)
- Big ripoff
- Walking loudly in armor, maybe
- Sci-fi visitors

- “The Avengers” costar Diana
- Supplement that may assist cognition
- Motivate
- Electric toothbrush maker
- Made shinier, perhaps
- Delivery time, usually
- Ballot box bundle
- Smoked fish
- Down
- Supernatural charm
- Share a boundary with
- Former Cowboys quarterback Tony
- Share again on social media
- Infomercial’s urgent request
- “___ says to the guy ...”
- Poker holding
- “Candle in the Wind” name

- Philippine meat dishes
- Whatever
- Familiar route
- “A Holly Jolly Christmas” singer Ives
- “Breathing Lessons” author Tyler
- “Middlemarch” novelist George
- Source of antioxidants
- Four-color toy of the 1980s
- “The Chosen” author Chaim
- ___ Doone (Nabisco cookie)
- Slow-moving vehicle in parts of Pennsylvania
- Oasis animal
- Prefix with prop or charger
- Takeout bag item
- Some consoles
- Spice mixes
- Measurement in some diets
- Mammoth protrusion
- Calflike
- Prolific author Isaac
- Little bit
- Febrero preceder
- lcky stuff
- Italian money, once
- Bus. school entrance exam
- Detroit River’s lake
- Void’s partner
- RCMP ranks
- Shout after a score



ANSWERS TO LAST WEEK'S

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FREE WILL Astrology WEEK OF AUGUST 14

BY ROB BREZSNY

ARIES (March 21-April 19): Rama is the star of the ancient Hindu epic story, the “Ramayana”. I love him! He’s one of my favorite legends! His heroic journey isn’t fueled by a greed for power or personal glory. Unlike 90 percent of modern action heroes, he’s not pumped up with anger or a lust for vengeance. Instead, he is animated by a sense of sacred duty. Against all odds, and in the face of bad behavior by weird adversaries, he acts with exemplary integrity and calm clarity. During your upcoming exploits, Aries, I invite you to be inspired by his exalted and unwavering determination. As you proceed, ask yourself, “Is this in rigorous service to my beautiful ideals? Are my decisions and words in alignment with my deepest truths?” Be motivated by devotion as much as by hunger. Aim not just for novelty and excitement, but for generosity of spirit.

TAURUS (April 20-May 20): In the Mexican festival of La Noche de Rábanos — Night of the Radishes — giant radishes are carved into elaborate altars and scenes. Humble roots become fancy art. I think you’re engaged in a metaphorically similar process, Taurus: sculpting with uncommon materials. Something you’ve regarded as modest — a small breakthrough or overlooked strength — is revealing unexpected value. Or perhaps a previously latent or indiscernible asset is showing you its neglected magic. Celebrate your subtle but very tangible luck. Take full advantage of half-disguised treasures.

GEMINI (May 21-June 20): In Zen archery, the aim is not simply to hit the target. Instead, it’s to align one’s body, breath, mind and bow so fully that the arrow releases itself naturally and effortlessly. It shoots itself! I would love for you to adopt this breezy attitude in the weeks ahead, Gemini. See if you can allow an evolving project, relationship or vision to reach a new maturity, but not through pushy effort. Rather, trust life to bring you the precise guidance exactly when you need it.

CANCER (June 21-July 22): In ancient Rome, the priestesses known as the Vestal Virgins tended an eternal flame. They never let it be extinguished, not even for a moment. Their devoted focus on nurturing the fire was both a religious practice and a symbol regarded as essential for the well-being, prosperity and survival of the Roman state. I propose, Cancerian, that you engage in your own version of Vestal Virgin-like watchfulness. Assign yourself the role of being the keeper of a sacred promise or resource. What is it, exactly? Identify this repository of spiritual wealth and dedicate yourself to its sustenance.

LEO (July 23-Aug. 22): In medieval Europe, pilgrims traveling to the shrine of Saint James in Spain often wore scallop shells. These were badges to signify they were on a sacred path in quest of divinely inspired transformation. The shell also had practical uses. It was a scoop for food and water, underscoring the humility and simplicity embraced by wayfarers on the road. I invite you to acquire and wear your own equivalent of this talisman, Leo. You have begun a new chapter in your self-perception, and life is asking you to proceed without pretense. You don’t need definite answers. You don’t have to rush to the end of the journey. The becoming is the point. I hope you seek out inspirational symbolism and generous companions to help nurture your brave transformations. (PS: Your best conversations may be with people who will lovingly witness your evolution.)

VIRGO (Aug. 23-Sept. 22): In ancient Greek drama, the *peripeteia* was a term for the moment when everything turns. The pivot doesn’t happen through force, but through the revelation of what was always true. I see the coming weeks as your *peripeteia*, Virgo. There may be no fireworks or grand announcements. Just a soft spiraling crackle that signifies a realignment of the system, a cathartic shift of emphasis. Confusion resolves. Mysteries solve themselves. You might say, “Oh, yes, now I see: That’s what it all meant.” Then you can glide into the future with a refined and more well-informed set of intentions.

LIBRA (Sept. 23-Oct. 22): In coastal Portugal, there’s a lighthouse called Farol do Cabo da Roca. Built on a cliff where land ends and the Atlantic Ocean begins, it marks the westernmost edge of continental Europe. We might say it’s a threshold between the known and unknown. I believe you will soon be poised at a metaphorically similar place, Libra. An ending is at hand. It’s not catastrophic, but it is conclusive. And just beyond it are shimmers, questions and a horizon that’s not fully visible. Your job is to finish your good work, even as you periodically gaze into the distance to see what’s looming.

SCORPIO (Oct. 23-Nov. 21): I invite you to channel the spirit of Kali — not in her form as the destroyer, but as the fierce liberator. She has the power to burn away stagnation, neutralize the poison of old lies, and slice through illusion with a sword of compassion — and so do you. I believe you are ready to sever a bond that has secretly (or maybe not-so-secretly) limited you. Don’t be afraid of the emptiness that results. It may appear to be a void, but it will quickly evolve into a fresh sanctuary. Into this newly cleared room, you can pour your strongest longings and most rebellious love. What are the wildest versions of your truths?

SAGITTARIUS (Nov. 22-Dec. 21): In some early maps of the cosmos, Sagittarius wasn’t just an archer. Your sign was symbolized by a centaur with wings: part horse, part bird, part god. I bring this to your attention because I suspect your own hybrid nature is extra wild and strong these days. A part of you wants to roam, and a part wants to ruminate. A part wants to teach, and a part needs to learn. How should you respond to the glorious paradox? I say, don’t force harmony. Let contradiction become choreography. Maybe liberating joy can arise through a dance between apparent opposites.

CAPRICORN (Dec. 22-Jan. 19): In Sardinia, there are tombs carved into rock called Domus de Janas — “houses of the fairies.” People once left offerings there to court the help of beings they couldn’t see. They truly believed that fairies are real and can exert effects in this world. In modern times, fewer Capricorns actively consort with invisible presences than any other zodiac sign. But I hope you will take a short break from your usual stance. Mysterious and mythic influences are gathering in your vicinity. You’re being nudged by forces that defy explanation. What do you have to lose? Why not have fun making room to be delighted and surprised by miracles and wonders?

AQUARIUS (Jan. 20-Feb. 18): Thou shalt embrace the confounding contradictions, Aquarius. That’s the first commandment. Here’s the second commandment: Thou shalt caress the tricky incongruities. Third: Thou shalt whisper endearments to the mysterious ambiguities and invite the mysterious ambiguities to whisper endearments to you. Fourth: Thou shalt rumble and cavort with the slippery paradoxes. Commandment number five: Thou shalt chant spicy prayers of gratitude to the incongruities, paradoxes, contradictions and ambiguities that are making you deeper and wiser and cuter.

PISCES (Feb. 19-March 20): In early medieval gardens, there was sometimes a space called the *hortus conclusus*. It was a walled sanctuary that protected plants and herbs from harsh weather and predation by animals. It comprised a microclimate and provided a private, peaceful space for contemplation, prayer and study. Sometime soon, Pisces, I would love for you to create your personal equivalent of a *hortus conclusus* —even if it’s metaphorical. You will harvest maximum benefits from surrounding yourself with extra nurturing. The insights that would come your way as you tend to your inner garden would be gently and sweetly spectacular.

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